

THE Treasurie of hidden *Secrets.*

Commonlie called,
The Good-huswiues Closet of prouision,
for the health of her Houshold.

Gathered out of sundry experiments, lately practised by
men of great knowledge : And now newly enlarged, with diuers
necessary Phisicke helps, and knowledge of the names and
naturall disposition of diseases, that most commonly
happen to men and women.

Not impertinent for euery good Huswife to vse in
her house, amongst her owne familie.



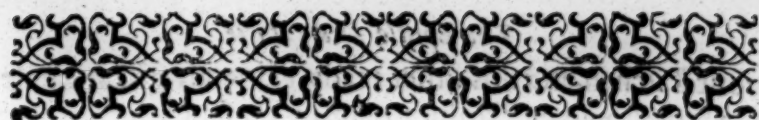
AT LONDON,

Printed by I. W. for Edward White, and are to be sold at his
shop at the little North doore of Paules, at the
signe of the Gunne. 1608.

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To all Women that loue and professe
the practise of good huswiferie, as well

wines as Maydes.

CVertuous Gentlewomen, honest Matrons, and vertuous virgins, I did not long agoe print (in my opinion) a very necessary booke of Cookery, and bequeathed it vnto you, called, The good-huswifes hand maid for the Kitchin; and perceiuing no lesse but that it was acceptable among many of you, I haue lately reprinted the same, & for that this booke, called : The good-huswifes Closet of necessarie prouision for the health of her housholde, containing, The manner as well to make all kind of Conserues & sirrops, and suger paste for banquetting dishes, Succade, Marmalade, & Marchpane, diuers sweet distilled waters of great vertue, fine powders for presses, and chests, with wollen and linnen clothes and Furres, to keepe them from moth-eating; and many precious Oyles of sundry operations and effects: as also necessary directions for preparation of good and wholsome Kitchin phisick, in making good medicines, wholsome drinckes, and other comfortable things, to help and cherish the sick and weake in your house, hath likewise beene printed by me aforetime. I thought good now to aduertise you that I haue conferred them both together, & in examining them, found somethings in the one, more pertinent vnto the other: and some things in the one that was likewise in the other, & therefore needles that the self same things should be in both. I haue therefore placed each thing that before was out of order in his due & conuenient place, and do commend both vnto your protection : the one for

The Epistle Dedicatorie.

your Kitchen, and this other ready helpe, alwaies at hande
as a Storehouse, or Treasurie of many profitable secrets, and
vnknowne conceits to be vsed as occasion shal require. First
printed at the request of a Lady of great calling, and now
augmented with some rare conceits not before published :
How good soeuer they be, yours they bee : and my selfe at
your commaund, to publish any thing that may be to your
good liking, and to amend what otherwise shall prooue to
your discontentment.

I. VV. Printer.

The Authour of these Secrets
to this Booke.

*Vpon occasion that a Lady of Honourable regard, hauing
seene this Booke in writing, earnestly requested, or ra-
ther commaunded to haue a copy of the same.*

GOe little Booke of profite and pleasure,
To my Honourable Lady without delay :
Shew her I send thee for the performance
Of her request, sith she would haue no nay :
Yea, say, her commaund of me hath obtayned
Thee : that no gold nor good could haue gained.

The Treasurie or closet of hidden Secrets,

To make a Marchpane. chap. 1.

Take halfe a pound of blanched Almonds, & of white Sugar a quarter of a pound, of Rose-water halfe an ounce, and of Damask water as much: beat the Almonds with a little of the same water, and grind them til they be small: set them on a few coales of fire till they waxe thicke, then beate them againe with suger fine: then mixt the sweet waters and them together, and so gather them, and fashion your Marchpane: then take waser cakes of the broadest making, cut them square, past them together with a little liquoz, and when you haue made them as broad as will serue your purpose, haue ready made a hoope of a greene hazel wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoope vpon your Waser cakes asforesaid, and then fill your hoope with the geare aboue named, the same drien smooth aboue with the back of a siluer spoone, as ye do a Tarte, and cut away all the parts of the cakes, euen close by the outside of the hoope, with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasse, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but onely be hard and thozow drier, and ye may while it is moyst sticke it full of Comfets of sundry collours, in a comely order, yee must moist it ouer with Rose-water and suger together: make it smooth, and so set it into the Ouen or other instrument, the clearer it is like a Lanterne borne, so much the more comended. If it be thorough drier, and kept in a dry and warme ayre, a Marchpane will last many yeres. It is a comfortable meat meet for weake folks, such as haue lost the taste of meats by much and long sicknes. The greatest secret that is in making this cleere, is with a little fine flower of Rice, Rosewater and Sugar beaten together, and laid thin ouer the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane, or any other kind a Tart. chap. 2.

Take & cut your leafe of gold, as it lieth vpon the booke into square peeces like dice, & with a Conies tayles end moisted a litle, take the

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golde by the one corner, lay it on the place, being first made moist, and with an other taple of a Cony dyp, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Iesus or any other strange thing whatsoeuer, cut the same through a peece of paper and lay the paper vpon your Parchpane or Carte: then make the boide place of the paper moist with rose water, lay on your gold, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the sayd papr.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboyle them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrow. Also take Sugar, Synamon, and a little Ginger, and fill the coffin therewith, close it, let it bake an houre, and so serue it,

To keepe Quinces vnpared all the yeere. chap. 4.

Take ripe Quinces, and at the great end cut out a simple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare the not) and perboyle them a little, take them vp, & let the water draine from them, then put all the coares, and some of the smallest Quinces in little peeces all to cut, into the water wherin all the Quinces were perboyled, and let them seeth till the liqour be as thicke as molten size that Painters occupie, then take it from the fire and let it coole: in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liqour in, that it be an handfull ouer and aboue them: Couer them close, and after liii. or v. daies looke to them, and when you see the liqour sunke downe, put in moze of the same, which you purpose to keepe to couer them, as before: then lay a boord vpon them, & a stone, that they rise not, and couer the vessell close with a thick cloth folded that it take no ayze, so let them remaine. And when ye intend to occupie some of them, vncouer the vessell, and ye shall find a creame couering the whole liqour, breake it in the midst, turne it ouer with your hand, then take out your fruite in order, beginning in the midst first, then by the sides, so that you remove none, if it may be, but those that they take away: and euery time you breake the creame, turne it ouer again into his place, for you must know, that the cream kept out the aire, and keepeth in the strength of the surrop, therefore it ma-

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kech much to the conseruation of the fruite to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, washe them well and cleane in warme water, and bake them as before is witten.

To make Vineger of Roses

In Sommer time when Roses blow, gather them, ere they bee full spread or blown out, and in dry weather, placke the leaues, let them lie halfe a day vpon a faire board, then haue a vessell with vineger of one or two gallons, (if you will make so much Roset) put therein a great quantitie of the saide leaues, stop the vessell close after that ye haue stirred them well together: let it stand a day and a night, then diuide your Vineger and Rose-leaues together in two parts, put them in two great glasses, and put in roseleaves enough: stop the glasses close, set them vpon a shelve vnder a wall Ade on the Southside without your house, where the Sunne may come to them the most part of the day, let them stand there all the whole Sommer long, and then straine the vineger from the roses, and keepe the leaues, and put in new leaues of halfe a dayes gathering, the vineger will haue the moze odour of the rose.

You may vse in steed of vineger, Wine, that it may ware eager, and receiue the vertue of the roses both at once.

Moreouer, you may make your vineger of wine, white, redde, or claret: but the red both most bind the bellie, and the white doth most loose,

Also, the Damaske rose is not so great a binder as the red rose, and the white looseth most of all: Hereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when wee speake of making conserues of Elderne flowers.

To make paste of Sugar, whereof may be made all manner of fruites and other fine things with their forme: as platters, dishes, glasses, cups, and such like things, wherewith you may furnish a Table, & when you haue done, you may cate them vp. A pleasant conceit for them that sit at the Table. chap. 6.

Take

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Take Gum Dragant, as much as you will, and steepe it in Rose-water, vntill it be mollesied, And for foure ounces of sugar, take of it the bignesse of a beane: the iuyce of Limons, a Walnut shel ful, and a little of the white of an egge: but you must first take the Gum, and beat it somuch with a pestle in a morter of white marble, or of brasse vntill it become like water, then put to it the iuyce with the white of the egge, incorporated well together. This done, take foure ounces of fine white Sugar well beaten to powder, & cast it into the morter by little & little, vntill it be turned into the forme of paste: then take it out of the said morter, & bray it vpon the powder of sugar, as it were meale or flower, vntill all be like soft paste, to the end you may turne it, & fashion it, which way you will: when you haue brought your paste to this forme, spread it abroad with Sinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as may serue a Table, taking heed that there stand no hote thing nigh vnto it. At the end of the banquet they may breake al, and eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and sa- uourous. If you will make a thing of more finenesse then this, make a Tart of Almond, stamped with sugre and Rose-water of like sorte that Marchpanes be made of: this shall you lay between two pasts of such vessels, or fruites, or some other thing, as you thinke good.

To make Orenge Comfets. chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then seeth them in white wine: then take them out of the wine, and put them in an earthen pot, & put therein Sugar, Sinamon, Cloues and Mace whole, and seeth them together without any other liquoz, and so it is made.

To make fine blanch powder for roasted Quinces. chap. 8.

Take fine Sugre, halfe a pound, beaten in a hote morter to fine powder, of white ginger pared, halfe an ounce, of chosen Sinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two sponesfull of Rose or Damask water, in beating of the Sugre.

To preserue Quinces in sirrop condict, alway readie to be serued in whole in quarters. chapter. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be colde, in the meane time

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time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keepe) & put therein the cozes and some other small peeces, seeth them in the liquor, to make the sirrop strong: straine them, and put into the liquor, beeing two or thre quarters, one pint of rosewater, and soz every quart of liquor one pinte of rosewater, and soz every quart soz liquor, one halfe pound of Sugar, seeth them again together on a soft fire of coales, till the sugar be incorporated with the liquor, the put in your Quinces, let them seeth softly till you perceiue that your sirrop is as thicke as life Honey, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bused Sinamon, and some whole cloues, put them with some of the Sinamon into the sirrop, and when it is colde, lay a larde of Quinces in your glasse (called a gesselin glasse) or in an earthen pot well glazed: then straw a litle of your Sinamon vpon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within thre or foure dayes looke to them: and when you find the sirrop shrunken downe: put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Sugar, half a pint of rosewater, and a pint of saye raine water, or of some other distilled water, seeth the Sugar, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boiling, put therein halfe a pound of ripe Damaskins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Cloues bused, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with sugar, the better it will continue. Some put into the sirrop Sinamon, Saunders, Nutmegs, Cloues, and a litle Ginger: seeth them not hastily, soz feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your Nuts ferme daies before Midsummer day, lay them in water, and change them morning & euening, till nine or ten daies be past, then pare off as thin as ye can the vtter rinde, but the verie

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ground of them, and seeth them in such sirrope as y^e doe Oranges, and when it is sodden, ye must keepe the in a new sirrope of the same making, or els make a sirrop to seeth them in of clarified hony: take raine water, for lack of that, take other water; take thre times as much water as ye do hony, and seeth it long and softlie, then as the skin doth rise, take it off, and so let it seeth till it be cleane scummed, and a Tay it vpon your naile, if it tarie there it is thicke enough, els not: there is all, and seeth your Nuts therein, and put them in a sirrop of Sugar.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condict, as befoze in the chapter is w^{ri}itten, then with some of your liquo^r wherein they were sodden (but without any spice) beate them, and d^{ra}w them as ye wold doe a Tart: then put some ouer the fire, and seeth them softlie, and in seething d^{ra}w by little and little of powder of sugar, the weight of the Quinces, or moze, as your taste shall tell you, stirre it continually put thereto some pure Rosewater, or Damaske water, let it seeth on height, till it be well standing, which thing yee may know, by taking some of it vpon a cold knife, and let it coole: if it be thicke then take it off, and bore it while it is warme, and set it in a warme and dry place: if you will gild your Marmalade, doe as afoze is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue layne long; and are thorough ripe, and very pello^w, as in Lent season.

And sozasmuch as Quinces are binding, and therefore not good for some sicke folkes costie, it is necessary to put a good mapp of ripe Apples of good verdure, as Renet, Pippin, Aording, Russettting, Pomeriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first d^{ra}wne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantitie and vertue of the same, especially if it be well dashed with swete water.

To make Marmalade of Damsons or Prunes. chap. 13.

Take Damsons which are ripe, boyle them on the fire with a little faire water, untill they be soft: then d^{ra}w them through a course boulder, as ye make a Tart, set it on the fire againe, seeth it on height with sufficient sugre as you doe your Quinces, dashe it with swete water, &c. and bore it.

If you will make it of Prunes, doe likewise put some Apples to

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it as you did to your Quinces. This wise you may make Marma-
lade of Gardens, Peares, Apples and Medlars, Ceuise, Cherries,
or Strawberies, euery one by himselfe, or else mixe it together as
you thinke good.

To make Succade of peeles of Orengees or Lemmons. chap. 14.

First, take off your peeles by quarters, & seeth them in faire wa-
ter, from thre quart to thre pints: then take them out, and put to
as much more water, and seeth them likewise, and so doe againe, till
the water wherein they are sodden haue no bitternes at all of the
peeles, then are they readie. Now prepare a sirrop as yee doo for
Quinces condia in the sirrop, in the 9. chap. before written, seeth the
in glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of rased Ginger of the fairest, and vse them as
followeth: Lay abroad lane of faire sand vpon a low flower on the
ground, halfe a foote thicke, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with more sand, foure or fise inches
thick, sprinkle the sand ouer with faire water twice euery day, that
it may be moist, thus daily do till ye shall perceiue your rases to bee
soft. Then take vp your rases, wash them, and scrape them cleane,
haue a sirrope ready made, as is aboue saide, seeth them in it till they
be well seasoned: take them vp, and with some of the sirrop cast them
or put them into a pot of stone.

To make Manns Christi. chap. 16.

Take halfe a pound of fine white Sugar, put therto foure ounces
of rosewater, seeth the vpon a soft fire of coales till the water be co-
sumed, & the sugar is becom hard: the put therein a quarter of an ounce
of the powder of Pearls, stir them together, put for euery spooneful a
peece of a leafe of gold cut of purpose, cast them vpon a leafe of white
paper, being first annointed with sweet Butter for cleauing too.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne fro the peas 24. houres
after it hath stood turned, & put it into a close vessel, wherein you shal
put these hearbs following, and 4. ounces of Licorise scraped & brui-
sed in a mortar, & so much Annise d well garbled, then stirre them to-
gether twice a day for the space of thre dayes, & let them stande 24.
houres after: then put them into the stilling pot, and (if you please)

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you may also put in the lees of *Malmei* or *Dache*, or any other distilled waters, but fill not your pot too full, then set on your Limbeck, and close it fast to the pot, and keep a soft fire vnder it. These are the hearbes with their quantitties,

Rose, *Time*, *Rosemary*, *Sage*, *Wardie*, *Wozage*, *Langdebele*, red *Fennell*, *Soyrell*, *Harts tong*, *Bay-leaves*, *Buglosse*, *Scabias*, *Marigold*, *Coffmarie*, *Ribwort*, *Sentoze*, *Liuertwort*, *Fumitorie*, of each a handfull.

Pargerum gentle, *Basill*, *Mints*, *Champagne*, *Woodbine*, *Patience*, *Valerian*, *Endiue*, *Wormeswood*, *Peneropall*, *Camomill*, of each halfe a handfull.

To make *Aqua vitæ*. chap. 18.

Take foure gallons of strong Ale or wine lees, and put them in a vessel, & couer it well: then put to it thre or foure handfull of *Rosemarie*, *Peneropall*, *Liuertwort*, *Harts tongue*, or any other good hearbs, and stir them together twice or thre a day, for the space of foure dayes: then put them in a brasie pot, and still with a temperate fire, for els you burne your pot and loose your *Aqua vite*, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hote, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it war-eth hote.

Take a spoonefull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, else not,

How to make diuers necessary Oyles of great vertue, chap. 19

Oleum Hipirici.

Take the tops of flowers of *S. Iohn wort* that hath red iuyce, thre ounces, ched them small, & lay them to steape in sweet Wine, as much as needeth, thre dayes: then boyle them in a double glasse, close stoppt, & presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strained, put to it *Terebinthii* 3. ounces: of good Oile, 6. ounces, and of *Saffron* a scruple, so let them boyle till the wine be consumed: which poured cleere out from the grounds, reserve to be used.

It is hore and dry, and blinding, wherefore it healeth the cuts and wounds of the sine wes, taketh away the paine of the hips, thighs, and bladder, and helpeth the vyne.

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Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small they, put into some glazen vessel, and poure out so much sweet Oyle as will couer them, and close vpp, let it stand in the sun, or in some other hote place sine dapes: then boyle it, and being strained from the hearbes, take so many fresh hearbes, and vse it as aforesaid foure or sine times, and reserue it to vse, as aforesayd.

It is hote, opening, resoluing, and mittigating paine: it heateth the raines, bladder, and Matris, it taketh away the paines of them, and the Colick, if the belly be annointed therewith, or a glister made therewith, it is good for the sinewes, helpeth the Crampe, and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as alsoe of Rue. It mittigateth payne, openeth the pores, prouoketh sweat, resolneth vapors, impostumes, swellings and hardnes in any place, and if the backebone be annointed, it easeth the paines and growing of Feuers.

Oyle of Elder-floures in the same manner.

It souleth cleanseth the skin, helpeth the weaknes of the liuer, and the stopping of the same, and greatly asswageth the paine of the ioynts.

Oyle of the leaues & flowers of Camomil, as of Rue & Dill.

It is good against the plurisie, openeth the pores, resolneth vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine in aruallondy.

Oyle of sweet Milke, as aforesayd.

It comforteth a weake stomack, stiles bonnie, moues appetite, helpeth concoction, and taketh away toshsomnes.

Oyle of VV or the wood.

It is hote, and comforteth the parts that are too much cooled chiefly the stomack, prouoketh appetite, taketh away obstructions, and killeth wormes.

Oyle of Roses and of Rose buds.

It is good against inflammations, it cooleth the burning and boiling of the stomacke, and fretting of the bowels, if it be giuen in gill, Ace, and to annoint the teeth, it taketh away the ache,

Of the Oyle of Violet flowers.

It is good against al inflammations and heate.

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To make Oyle of Earth-wormes,

Take of Earthwormes halfe a pound, of good Oyle two pounds, of sweet wine two ounces: boile al together untill the wine be quite consumed, then straine it and keepe it.

This Oyle is good for the fluxes that are cold, and helpeth the payne in the loyns.

Oleum benedictum.

Take of Oyle two pounde, Storax Calamit, Labdanum, Olibanum, Saffron, Gum Arabick, Gadder, gins of the Yule tree, Aloes, Succotrine, Balsick, Cloves, Galingale, Sinamon, Nutmegs, Cardubes, two ounces, Gum Elemis a pound, Spirthe Boddsum halfe an ounce, Galbanum six ounces, Spike an ounce, rosin of the Pine tree, Armoniak, Opoponax two drams: beat al to powder that is to be beaten and mixed it with the Oyle, and put all into a stillicorte of glasse, with the head and receiver so closed that no ayre come out, setting your Limbeck upon a soft fire twelue houres, encreasing your fire from fire holwers to fire, till all be stilled. This done, beat all the residue in the bottom of the Still to fine powder, & with the same Oyle distill it the second and third time as afoze and it shall be as it were Balm.

It is good against Crampes, Palsies, paines of the loyns, colde Catars, greene wounds & bickers, it comforteth the spirite, openeth obstructions, one drop in the eare helpeth the hearing: A roscake dipped in it and laid to the Temples, helpeth the Aguegrin, and taketh away the swimming of the head. an ounce in sweet wine drinke 30 dayes together, cureth the disease of the Longes and the quartaine feaver. If you giue a spoonfull with wine thirtie dayes with a litle powder of Dionys rotes, it helpeth the falling sicknesse: so that if the coronal commissure be also anointed, it easeth the payne of the french Pocks, and is good against the stinging of any venomous beastes, and for all diseases of the fluxes.

To make Conserue of Roses, or other flowers. chap. 2. 2.

Take buds of roses (or what before they be ready to spread: cut the redde part of the leaues from the white, and beat and grinde them in a stone mortar with a peece of woode, and to euery ounce of roses, put three ounces of sugar in the grinding. After the leaues are well beaten and grind them together till they be perfectly incorporated, then put it in a glasse made of purpose, or els into an earthen pot.

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pot, stop it close, and forkepe it. Thus yee may make Conserues of all kind of flowers commonly used for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomack, the heart and all the bowels, it molifieth and softneth the bellie, and is good against black Choller and melancholie. Conserue of white Roses doth loose the belly moze then the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalk, beate and grind them with suger as you did your roses: to these put double the weight of suger to the weight of Violets, but to all flowers put three parts of suger to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heat and inflammation of Choller, called yellow choller, it quencheth thirstiness, it maketh the belly moyst and soluble.

The vertue of conserue of Buglosse. chap. 22.

Conserue of Buglosse flowers comforteth the heart. it is good for the frantick, and for the melancholy: it is good for the Sincop and swoynig, it taketh away heart-burning, and trembling of the heart or stomack, it profitech against choller.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue. it is especially good against blacke Choller or Melancholie, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowers of Rosemary, comforteth the colde and moist braine, it comforts also the sinewes, it is good against melancholie and steame.

To keepe Cherries condict, or Gooseberries. chap. 25.

Take your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalk of every Cherry, put them into the sirrop, and vse them as you did the Plummies, put in what spice pleaseth you, and so keep it as before is written: but make your sirrop strong enough of suger, lest it dware boze and corrupt: then must ye make a new sirrop stronger of suger, & put the Cherries in it to keepe, as before is said: Thus may ye do with Gooseberries to make of them Tarts or sauces all the yere long, saving that Gooseberries

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best may be well sodden without breaking, because of theye rough skinne, so it be softly and diligently done.

To make a Conserue or Iellie of Quinces, after my Lady Gray Clements sort, ynstrayned. chap. 26.

Take five pints of faire water, put in a faire vessel, put thereto the whites of five egges, and with your hand all to beate the water and the egges together, till you shall see your liquor rise with great some: then put into your liquor five poundes of suger (to five pints of water, that is halfe measure, if ye make it at Spichelmas or at Holantide: after that, five poundes and a halfe of suger will serue five pintes of water. Therisett your liquor, egges, and suger on the fire, and let them seeth till the scum arise: then take it off and scū it cleane and set it on the fire againe, and scum it still, as long as there will anie foule thing or scumme arise. Then put in twelue poundes of Quinces with the coares taken out, so let them boyle softly, and still scum it if any thing doe arise: and when it beginneth to looke redde, lay a drop of it vpon a paper, and when yee find that it will stand vpon the paper, then it is sodden enough: then take it off, and let it run through a fine haire sieve into your bores, and with a spoone take off the froth aboue, and this will keepe, but it must seeth soberly, and no rash fire, but a continuall reasonable fire.

To preserve Quinces all the yeere, as it was vsed for King Edward. chap. 27.

Take your Quinces and pare them, and seeth them in cleere water till they be tender, then put the water from them: then take suger, and put water to it, to a pound and a halfe of suger, put halfe a pint of rosewater, so seeth them together till it be thicke like a sirrop, and seeth them all till they be bowne. Then take out the Quinces, and let the sirrop seeth againe till it be somewhat thicke, as yee see the sirrope of Greene Ginger: Then put in your Quinces againe, and let them seeth three or foure Pater noster whyles, then take the from the fire, and put them in a stone pot, or a little vessel of wood, and thus keepe them all the yeere: If you list to put Cinamon, you must put to euery five pound of suger one ounce of Cinamon, and if you haue no store of rosewater, ye may make the same sirrope of running water, but it will not be so pleasant as rosewater, but it will doe very well.

To make Quinces in sirrop. chap. 28.

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Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire water, when they are all pared, take a pot of faire water, and put your Quinces in it, let them seeth till they be so tender that y^e may put a strawe or rush through them: then take to your Quinces five or sixe poundes of Sugar, and take some cleane water, as much as y^e thinke will couer your Quinces, and put into this water your Sugar, and foure or five whites of Egges all to beaten, so that there may rise vppon them a froth. Then put them so dressed into your water with Sugar, and let that stande vppon the fire till it hath sodden a wallop or twaine. When take a peece of a woollen blanket, and poure this water through with sugar and all: then put this water into a faire pot, and the Quinces together, and let them seeth till your Quinces be very tender, and euer as there riseth any white or any thing, skum it off cleane. Then take out your Quinces, and let your sirrope boyle till a spoone will stand in it, and when your sirrope is cold, put in your Quinces and stoppe it close, and within three dayes looke vpon it againe, and if the sirrope ware thicke, take more water and Sugar, and dresse it as afoze w^ritten, and when you haue put it through a cleane cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: then take out your Quinces and let the rest seeth till it come to a sirrope, and when your sirrope is cold put your Quinces in, and so keepe them all the yeere, but befoze that your sirrope be thicke enough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrope be somewhat thicke, for they be not put in to seeth, but to soake out the watrines of the first sirrope, and therefore they may seeth but a little while of the second seething.

To make conserue of Damsons. . chap. 29.

Take Damsons and washe them in faire water, and dyle them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of past, and put your potte in an emptie Ouen, which was filled with bread & then put in your pot after the bread is out, & stop it very close, & let it stande foure houres. Then take it out, and put your Damsons in a peece of thicke Canvas, and let the liquoz that runneth from thē, come into a faire pan, and in any wise breake not the Damsons that be in the cloth to haue

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more liquoz, for you must haue no liquoz but that which commeth from them. Then take a sayze boyling pan, and put your liquoz in it and put to it as much beaten Sugar of the finest, as yee thinke will make it swete, and seeth it vpon a quick fire, and when yee thinke it is enough, take a sawcer, and with your stirring sticke let a drop fall vpon your sawcers side, and if it be enough it will be somewhat stiffe. Then take it from the fire and put it into your bore, also you must stirre it still.

To preserue Damsons. chap. 30.

You must take for euery pound of Damsons halfe a pound of Sugar. First make your sirrop with sugar and rosewater, and when you haue boyled it a while, then put in your Damsons, so that they lie not too nere together, so let the boyle till they be red at the stone, then take them out, and put them in a platter & then put in more to the same sirrope, and let them boyle as the other did: and when they be all boyled and cold, close the skimmes as close as yee can, and poure on the liquoz being hote, and so let them stande a while or euer that you put them into the glasse.

To make Wardens in sirrope. chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they be tender, then take them vp and pare them, and cutte them in two or thre peeces, and take powder of Sinamon a good quantitie, and put it in redde wine, and straine them, and cast thereto Sugar. Then put it in an earthen pottle, and let it boyle together, and when they are well boyled, take powder of Ginger, and collour it with safe fron, and loke that it be poynat and dulcet.

To make Pranes in sirrop. chap. 32.

Take Prunes, and put Claret Wine to them, and Sugar, as much as you thinke will make them pleasant, let all these seeth together till yee thinke the Liquoz looke like a sirrope, and that your Prunes be well swollen: and so keepe them in a vessel as yee doe Greene Ginger.

The vertue of conserue of Succorie. chap. 33.

Conserue of Succorie is good against yellowe and blacke Chol-
ler, and so the burning and heate of hote feauers.

The vertue of Conserue of Elderne floures, chap. 34.

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Conserue of Elder is good against the *Wozphew*, it cleanseth the stomacke and the whole body from scabs.

Earler the clusters or bunches whereon the flowers grow, when they are newe blowne or spred, lay them vpon a faire sheete abroad in a chamber a day or two, till ye shall perceiue the flower wil shake off and fall away: than pick them cleane, and make thercof conserue as you doe of other flowers.

And whereas it is more wholesome then pleasant, therefore put some other conserue (such as ye list) amongst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of *Sorrell* is good against all kind of heates of the stomacke, and other principall parts of the bodie, and against yellowe Choller.

Take leaues of *Sorrel*, wash them cleane, and shake off the water cleane, or els tarry till the water bee dyed cleane: beate them and grinde them with Sugar, as aboue. and then keepe them.

The vertue of conserue of Maidenhaire. chap. 36.

Conserue of the leaues of *Maidenhaire*, is good against the sicknesse of the side, called the *Wicwrisse*, and for all the diseases of the breast, and of the lights, and in all maladies of *Melancholy*, and against redde choller.

Make it as ye doe conserue of *Sorrell*.

To make conserue of *Elecampana* rootes. chap. 37.

Take the rootes of *Elecampana*, wash them cleane, slice them into peeces as big as your thombe, seeth them in faire water till they be tender, take them by and powne them, and draine them through a haire sieue: put thereto in the second seething the double or trebble weight of Sugar. and when the sugar is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserue of *Elecampana* is a good comfort to the stomack, and the nourishing of the members, it maruelously looseth tough cleane, dissolueth and consumeth the same, by the siege it annoyeth it.

To make conserue of Acornes or Gladen, with the vertue of the same. chap. 38.

Take the rootes of yellowe Flowerdeuce, which groweth in moyst ground, otherwise called *flagg* roote: wash them and scrape them

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them, seeth them, and order them as ye doe of *Elcampana*, now last befoze rehearsed, and so keepe it. This conserue is good against all sicknesses of the braine, and sinewes, and against al diseases of fleame. Vnto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserues, fruits, and roots are made with fire and seething: Moreouer, the more Sugar and honey is put into them, so it be not past thre pound to one, the conserue shall continue the better.

To make conserue of Strawberies, with the vertue of the same. chap. 39.

Take Strawberies one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much suger in powder as the weight of the Strawberies, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserue of Strawberies is good against a hote liver, burning of the stomack, and specially in the seruent heat of an ague.

To make conserue of Cherries and Barberries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugar then the other doe, which are not so soft as they be.

Here is to be noted, that of conserue of fruits may be made *Par-malade*: for when your conserue is sufficiently sodden, and readie to be taken off, then seeth it more on height, and it will be *Par-malade*. Moreouer, some make their conserue, *Par-malade* and sirrops with cleane Sugre, some with cleane honey clarified: some with Sugar and honey together: and after the opinion of some great Clarke, hawey is more wholesome, though it be not so toothsome as Sugar.

To make all kinde of Sirrops. chap. 41.

Take Boglosse, Borage, white Endiue, of each one handfull, of Rosemary, Lime, Yslop, Winter sauorie, of each halfe a handfull: seeth them (being first broken betwene your handes) in thre quartes of water vnto thre pintes, then straine it, and put in the liqnor whole Cloues an ounce, powder of Sinomon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugar

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Suger halfe a pound and moze : let them seeth vpon a soft fire, well stirred for burning too, untill it come to the thicknes of life Honey then keepe it in Gally pots. If you put one pint of Malmesey in the second seething, it will be better, When it is perfect, haue fire graines of fine Huske in powder : stirre it among your sirrope as yee put it into your Gally-pot. and couer it.

This sirrope will last many yeres, and is excellent against sobornig and faintnes of heart : it comförteth the bzaines and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Cloathes and Furres.

chap. 42.

Take of Ireos two ounces, of Calamus Aromaticus, three quarters of an ounce, of Cipres, of Galingals, of Spikenal, of rose leanes dried, of each a quarter of an ounce, of cloues, of Spike, of Lauender flowers, of each halfe an ounce, of Algella Romana a quarter of an ounce, of Benjamin, of Storax calamit of each halfe an ounce, let them be all finely beaten & searced. Then take two or thre graines of Huske, dissolue it in rose water, and sprinkle the water vpon the powder, and turne it vp and downe in the sprinkling, till it haue drunk vp the water, when it is dry, keepe it in bags of silke.

A sweetepowder for Napery, and all lianen cloathes.

chap. 43.

Take of sweete Mariorum (that which is hoary is the sweeter) when it hath in him seeds ripe, cut the branches, so that the roote may spring againe : when the Mariorum is dried, then rub out the seedes, and keep them to solue about Easter, and the huskes and leaues that grow about the seeds take for your purpose, rub the small, (for if you beat them to powder in a mortar, they will lose the most part of their sauour) then take of white Saunders, or gray Saunders, but loke that they be new, of right sweet odour, for if they be old and haue no pleasant and quicke odour, they are nothing worth. Take (I say) of these sweete Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Mariorum, rubbed between your hands, as before is said, and if you put one or two graines of Huske thereunto for your waiting Linnen, it is the better : solue these vp in a silk bag together, & lay it among your linnen : of such bags haue a dozen

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oz two, which there will continue many yeeres, and when you looke to your linnen, then chafe each of the bagges betweene your hands that they may peeld out their sweet oboz. Moreover, in the Sommer time gather redde roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bedde, oz faire floore of boordes, and nowe and then remove them, least they molde and ware fustie. When they are dry, picke off the leaues, that you may haue sixe pecks of them, then strawe them among and betwene the boughts and foldings of your linnen, with one handfull of dry Spike flowers to sixe handfull of dry roses, and lay your sweet bags amongst them. Be sure that your linnen be euer through dry ere euer ye lay the vp, oz else the roses will ware hoze: set your coffer in a dry ayre, and in the winter time oz wet weather, when you perceiue your roses to ware moist, then put them in a pillowbere oz twaine, that they fall not out, and lay them vpon your bed betweene the couerlet and the blanket all night, oz els before the fire, let them dry and straw them againe. Moreover, ye must alwaies haue a bagfull of dry roses in stoze, kept in a dyle ayre: for if he loose his rednesse, then loseth the rose his sweetnesse. Finally, you must euery yeere put away your old roses, and occupie new, but keepe your sweet bags still manie yeeres.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Storax calamite halfe an ounce, of Labdanum the eight part of an ounce, beat them to powder, & the put them into a bzaen lade, with a litle Damaske of rosewater, set them ouer the fire of coales til they be dissolved and be soft like wax, then take them out and chafe them betweene your hands as yee doe ware: then haue these powders ready finely searched, of Sinamon, of cloues, of sweet Saunders, gray oz white, of each of these three powders halfe a quarter of an ounce, mixe these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the rosewater left in the lade, oz other: If they ware cold, warme them vpon a kniues point ouer a chafindish of coales: then take of Amber-greece, of Muske and Ciuet: of each three graines, dissolve the Amber-greece in a silver spoone ouer hoate coales, when it is cold make it small, put so it your muske and ciuet: then take your Pome that you haue chafed and gathered together, and by litle and litle (with some sweete water if neede bee) gather by the Amber, Muske, and ciuet, and mixe them with your ball, till they be perfectly

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fectly incorporated, then make one ball or two of the lumpye, as yee shall thinke good, for the waight of the whole is about two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtelle of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragaganthum ready dissolved in sweet water, it will be dissolved in two dafes, and with that gather your ball with the heate of the fire: this ball will be of like goodnes within as without, and of great price.

Some men put in the making heere of three or foure drops of Oyle of Spike, beware of too much because it is very strong.

When you will haue your ball exceed in sweetnes, breake it and haue two or three graines of Pulke, or Cinet, or Amber-grace, as you delight in, or altogether dissolve them in Rose or Damask water, and with the same chase your Ball over the fire, till it bee drunken in, then pearce a new hole, as before,

To make a fine Fumigation to cast on the
Coales. chp. 45.

Take of Benjamin one ounce, of Storax Calamite half an ounce dissolve them as for a Romeamber: then haue ready these woodes, powders, or one of them, Ginger, or Tyyzes, or of white Saunders, and cloues, of either halfe a quarter of an ounce, all in fine powder: mixe them altogether, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, and with some Storax liquida gather them together with the heate of fire: then make them round, of the bignes of a blacke floe, & with your seale print it a cake, while it is warme and soft.

Of these cast one or two upon a chafingdish of coales; to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdamm, as before said in making the Romander, herein do as the saour shall please you.

To make the same in Oslets. chap. 46.

Take a little of fine powder of Sallowe, of willowe coales, mixe with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure fete, like a Cloue, and when it is dry, kindle the end of it at a quicke coale, and it will yeeld a sweete saour: put not too much coales

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for then it will sauer of them put not too little coales, for then it will not keepe fire, put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therfore it shal be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabick: dissolue some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moylt fume vpon a Fuming dish. chap. 27.

Take a peece of Pomeamber, as big as a Hazel nut, bruse it, put it into your fuming dish, with sweete water: put there-vnto a fewe Bay leaues, as much of dried Basil leaues, a little rosemary, and set it ouer the fire vpon a cupboord, or else in stead of the Pomeamber, put two or three of the Cakes before written, broken small, and nine or ten whole Clones: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said,

A Fumigation for presse and cloathes, that no Moath shall breede therein. chap. 48.

Take of the wood of Cypress, or of Juniper, of rosemary dried, of Storax Calamite, of Beniamin, of cloues, a like waight, beat into fine powder, then take of the powder of Wormwood leaues dried, as much as all the others, mixe them well together, cast thereof vpon a chaffindish of coales, and set in your presse, and shut it close: and thus doe oftentimes, till you haue well seasoned your presse or roser.

A perfume for a Chamber. chap. 49.

Take rosemary, sweete Mariorum, Bayleaves, of each a handful, a penwoorth of cloues, Vineger, and rosewater, a sufficient quantity, boyle these in your perfuming pot, which smell is sweete and wholesome.

A perfume of Damaske. chap. 50.

Take Storax calamite five ounces, Beniamin, Labdanum, foure ounces, Sinamon one ounce, Muske foure graines, cloues a dramme, rosewater halfe a pound, stampe them together, and when you will occupie them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, cloues halfe a dram, camphire halfe a scruple, Spatholus a scruple, Nutmegs a dram,

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of all these make a past with Rosewater, tempered with Gum Dragagant and Gum Arabick, stirring and busing them well, of this past make your balles, and warme them.

An odoriferous white powder. chap. 52.

Take Iris elect three ounces, White Saunders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cypr Alexand. of each two ounces, Muske foure graines, Cloves three graines, beate and sift them by themselves, and incorporate them in the same mortar you beate them in, and keepe it in a vessell well stopped.

A fine redde powder chap. 53.

Take Damaske roses two ounces, Sandali Attrit one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Muske three drams, Cloves two drams: mixe them and beate them, and keepe them together, as before.

A sweet blacke powder. chap. 54.

Take Cypr Alexand. Ligni Aloes of each halfe a dram, Sandali Citrini, Damaske roses, of each one ounce, Cloves three graines, Muske three graines, and as much Cloves, beate these together, and keepe them close in a viall well stoppt.

A powder wherewith to make sweet water. chap. 55.

Take the wood of Cyprusse, or the roote of Calingale one quarterne, of Calamus Aromaticus one quarterne, of Orace or Iris one quarterne, of cloves one quarterne, of Benjamin one quarterne: or ye may take of each of these cunce for a portion, let all be beaten into powder, and when ye will distill your roses, fill your Still with rose leaues, and a fewe Spike flowers, and upon the top of some, grow some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other powders.

These Cakes will be very sweet, put the water in a large glasse. and to the pot put twelue graines of Muske, let it hang in the midst of the water, in a thin linnen cloath with a thred, set it in the Sunne twentie or thirtie daies, then take the glasse in, & set it in a dyse ayre.

Conclusion and rules to be vsed in distilling, & the ordering of each hearbe or flowre before they be distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweetnes to continue strong.

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Secondly

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Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a cleane cloath. Fourthly, all hearbes, flowers and seedes, must be gathered when the dewe is off them.

5 That which you will still, must lie at least six houres before you still it.

6 Allspices corrupt your water, except Amber, Greece, Cloet, and Muske.

7 Scumme your water well.

8 Keepe your Still verie cleane.

9 Wash your Still, but not often, and then dye it with a cloath.

10 The Glasse still is best, the Tinne next, the earth not so good as the Tinne, and the Leaden is worst of all.

11 Tender flowers, as Violets, Gilliflowers, and such like, would be distilled in a Glasse.

12 All compositions must be stopp'd close before, and in stilling diligently weighed and measured.

13 Liquor waters must haue greater fire, the dry & light waters.

14 Stil not your glasse too full.

15 Put stoe of Ashes vnder your still, that your still burne not.

16 Wipe the upper part of the still often, but specially the ridge.

17 Diligence in looking to all things.

18 Borage must be distilled; the hearbe with the roote chopped together.

Hyslope, the leaues stripped from the stalk. When it beares blew flowers.

Cammomill, the hearbe and flower chopt together in the middell of May.

Dill, the hearbe in the beginning of May.

Fumitorie, the whole substance chopped, in the end of May.

Spint, either red or other, the hearbe, stalk and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flower, bud, and leaues, stripped from the stalk in May, in the flowering.

Sentorie, the hearbe and flowers chopped in the end of June.

Violets, the flowers in Aprill.

Woodbine, the flowers in the beginning of June,

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To make water of the same colour of the flowers
that you distill. chap. 57.

First, distill your water in a Stillioze, the put it in a saire glasse,
and take the budbes of Roses, and cut away the white, and put the
leaves into the stillied water, then stop the glasse, and put it into the
Stillioze to still, putting hearbs into the still for feare of burning,
After this straine the water from the leaues, and scum it well.

A compound water to perfume gloues, or
other things. chap. 58.

Take Damaske water double still'd, a pounce, Muske tenne
graines. Cluet thre graines, Amber-Greece foure graines, beate
all these together to powder, and put it into the water aforesaid, and
stop it close, and vse it without any more stilling.

To make Damaske water. chap. 59.

Take Damaske Roses, and redde Roses, of each a handfull, let
them drie foure houres in the shadow: then take two drams of Lab-
danum, Nigella Romanz, two penniworth, Tricos halfe an ounce,
Storax two drams, Cloues an ounce, Benjamin, Calamus Aro-
maticus, Putmegs, of each halfe an ounce, Marjoram, Bazell, of
each halfe a handfull: bruse the spice, and put it in Malmasey, or the
less thereof the space of foure dayes: then distill it and scum it seue-
rene dayes.

Another maner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Spiske flowers dyed, of Cloues, of
each an ounce, make them in powder, put them together, with a
pinte of new Ale in Copnes, and one pinte of rose-water in an ear-
then pot, put thereto a great many of greene rose leaues, let them
soake in a night time stopp'd close: in the morning when you shall
distill first lay other rose leaues in the bottome of your Stillioze
for feare of cleausing too, then take of the rose leaues out of the pot,
and put them with other greene rose leaues in your Stillioze suffi-
cient, and to the water put Muske, as is aboue said. this water is
excellent to set forth a Tart, or Apple-Popple, or Almond butter,

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To make a sweet Damaske powder foure
maner of wayes.

Take two or thre handfull of dried Roseleaves, two graines of
Muske, halfe an ounce of Cloves, and beate all these to powder.

2 Another way.

Take five ounces of Myace, foure ounces of Cloves, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of cloves, foure ounces of Spynce, foure ounces
of Storax calamite, foure ounces of roses, thre ounces of Benjamin,

4 Another way.

Take thre ounces of Cypres, foure ounces of Benjamin, two
ounces of Coliander or Labdanum, thre ounces of Storax calamite
two ounces of Roses, beate all to powder.

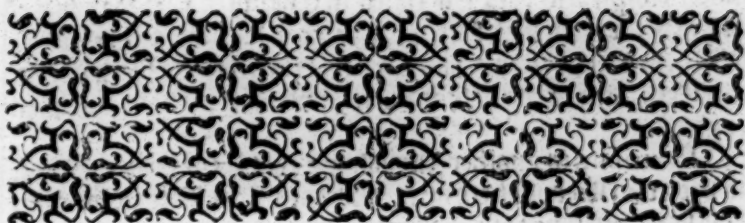
To make Pepper soft with the vertue of the same.

You shall doe this after the same maner as is shewed for greene
Ginger, in the 15: chapt. that is, with sand, and the like sirrope, season
and keepe them. Ginger and Pepper in sirrope comfirteth a cold
stomacke, and helpeth much to good digestion.

To keepe Barberries,

Take clarified sugar, and boyle it till it be thicke, which you
shall perceiue, if you take a little betweene your fingers, it will rope
like birdlime, then put in your Barbertes, and let them boyle with
a soft fire, vntill you perceiue they bee tender: then put them in a
glasse and couer them, and so keepe them.

The



The knowledge of the names and naturall disposition of diuers diseases, that most commonly happen to molest and greue the bodies of men and women.

Chap. 59.

E Lefancium, is an euill which is easie to be knowne.

2. Gout Cain, is *Morbns caducus*, that is to say, the falling sicknes.

3. Spulencia is the same euill, or very little difference.

4. Lytargium, is a perillous euill, for he that is therein, is alway sleeping: for it hath beene seene, that a man in that euill hath slept himselfe to death.

5. Squinancia, is an euill, that is in the throtebowle, and when it taketh all the neck, it is a signe of death, except medicine helpe.

6. Sciatica passio, it is a passion that sitteth in the Wirrel-bone of the hip, and holdeth his course betwene that bone and the Kidg-bone, and then falleth, but his abiding is most in the Wirrelbone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Possema, is in diuers maners both within the skin and without the skinne, ad within the body, for all manner of things that swell beare out the fleshy, & therfore all manner of Boyles, Botches, Felsons, & other such like, may be called possema, as well as those that be vpon the stomack, or on the lunges: Where be some that beare proper names, as Peria plonna, the which is an impostume that is vpon the lunges, that engendreth a passion, that is called in Latine Aspi-

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ratio, or Respiratio : and it is called in English, hard breathing of wind : that when a man hath much paine to draw his winde, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to bee hoarse and drie, and that maketh a man to cough.

9 Pleurism, is another Impostume that lyeth vpon the sides, and vpon the ribs, and akeeth sore. And hee that is so diseased, commonly he is coughing : and the humors is red, and they be much swelling, and may not well lie on that side.

10 Also there is an Impostume, that is called in Latine, Amixtrix, and Antraxis : and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of Byles and Fellons when it is rotted.

11 Tuna is a white watry Shell, and Acorias is a dry Shell.

12 Caries is in a manner of an Impostume, that is like a Wart that bringeth forth a long haire, or two, or thre.

13 Caries is the rooted head of a tree.

14 Derias a Wart. And Cirtitis is called an Impostume, as it is said heere before.

15 There is an euill that is called Riteria, and there bee two of them : that is to say, the blacke and the yallow : and especially the blacke, which commeth of the chaffing of the Liver.

16 Also there is an euill which belongeth to women, that is called Menstruous, the which is a fluxe of blood : And there is another that belongeth to women, that is called the paine of the Matrice, which cometh from the Matrice to the yaine member. But the Matrice of it selfe is like a thre cornerd purse, as it may bee made in figure : And that hangerh by certaine stringes by the ribs and by the intralles, and so it stretcheth downe to the yaine member, which is called the mouth of the Matrice. You shall vnderstand that the Matrice hath in it selfe nine folds, which falleth like pleates of cloath, and in those pleates falleth the seede of man, and therein is it nourished, and therein is the child conceived, by reason whereof it might be possible that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceiue in euery fold a child, and if it fortuneth the seede of man to fall euen in the pleates,

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pleates, as it may fall: And if it falleth on the one side it getteth a manchilde, & if it falleth on the other side it getteth a woman childe, and if it fall even in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnes of his secrets.

17. Also, there is a malady that commeth of the chldes birth, and that is when the childe commeth forth, there commeth therewith a skinne, the which is engendred of the seede of man: And it lieth in the Matrice, and it is divided in two parts, whereof one commeth to cleane blood, and after ward ingendzeth to a peece of cleane fleshy: And then that fleshy putteth from him a white thick matter, & that matter engendzeth a skin, which skin taketh and windeth in the cleane matter afoze said: and evermore as the childe formeth and wareth, even so the skin wareth with it. And the same skin is called the Secundine: and it keepeth the childe from many perils that should fall thereto, if that were not: for it closeth in the childe, like as the shell incloseth in an egge: for first the shell of an egge was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth by the Childe: and when this Secundine is any thing pearced or hurt then is the childe bozne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith that there be five principall thinges that hindereth the birth of a Childe. Whereof one is, when the woman with childe is very soze wrought and angry. The second is, when she is smitten with a staffe. The third, is over much fasting. The fourth, is a great flure of her wombe. And the fifth, is a fall bypon the wombe: For all these thinges hurt the Secundine, and maketh the childe to bee bozne too soone, which destroyeth both the woman and the childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it be not well taken away of the Midwife. And except shee doe her endenour well, then it will rotte, and make a woman great as though she were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soeuer it be, & if it be dead it may be said so, and in English it is called a dead childe: wherefoze all manner men

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I charge in Gods name to take heed whatsoeuer ye be that read this Treatise, that ye blaspheme not, nor despise this, being the works of God, whereby ye may plainly vnderstand how ye were brought in, to this world.

18. Also there is another malady, that is named in Latine Caminus appetitus, or Morbo Camino, that is, when an unkindly heat is in the stomack & in the body. And so the moisture that should be in the stomacke, sumeth away, and the heate bringeth vp the moisture, and he that hath that malady is very collicue.

19. Also there is another malady that is called in Latine Etica passio, that is, an euill that maketh a man to dry and vanish away: And in English it is called the dyinesse: howbeit the proper name thereof is Etick, and the man that hath that sicknesse shal consume away, but yet he shal be euer eating, and it is the very tokens of mortall death.

20. Also there is another disease properly called in Latine, Fluxus ventris, which may be vnderstood in English, all manner of fleshy wombed people, other wise called the bloody fluxe.

21. Also there is another fluxe, called in Latine, Lienteria, this is a fluxe of the wombe, and this commeth when the stomacke is all slipper, and the matter goeth away undesied.

22. Also there is another that is saide in Latine, Descenterium, and that is when the guts make squamles in the manner of shauing of guts, and no other as men shal heare after.

23. And there is another disease that is called in Latine Thenasmon, and that is euen contrary to that befoze, for Thenasmon is, when a man is very collicue and hard wombed.

24. Also, there is another infirmittie that is called in Latine Emo-raudes, and that is of great aboundance of blood, and there will arise small toats, as it were warts, that will lie within the fundament vpon the gut, and without both.

25. There is another that is called in Latine Exituum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a soze euill.

26. Also there will come out of a mans nose much soule filth, and thereof great aboundance, some like gobbets of fleshy, right in his kind, like as Emeraudes will doe, and that is called in Latine, Polipus.

Also

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27 Also there is another disease or maladie, that is called in Latine *Malum mortuum*, & the soze that commeth thereof is called in English a *Wormall*, but knowe yee well, that his beginning is of a *Melancholie* in the bodie of man: and it is taken for one of the species of the *Scab*: and properly it commeth of a naturall *Melancholie*, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with salwe sleame, and be both gendered together of too long using unwholesome meates: And sometime it commeth of the stopping of the *Spléne*. For when the *spléne* may not recreate the *Melancholie*, then by his humors he is heauie of waight, & presseth it downeward to the legges, and then beginneth the pusshes to breake out, & they be called *Malum mortuū*. An other cause why it is called *Malum mortuum*, for it maketh the members as it were dead, or else that it were flesh: An it is called so because it is not so quicke in working as other sozes be, neyther in engendring of new flesh, nor macteth not as others sozes do, but alwaies is hote & dry: and mozeouer, it will not away till a man die, except he be the moze warie, and it sooner taken heed to: For the *Melancholie* is the one lie causa thereof: And his collour is to be swarth, and as it were a partie blew, and hard: and commonly it is full of stenes and harde dead flesh, and there will goe out thereof in a manner of a red water like as if there had beene rawe fleshe washed therein: and it will close in many places, and when it is closed in one place it will break out in an other: And when it is surely of the melancholie, the pusshes will be blacke and blew, and the place will itch soze, and be full of dead flesh, and with salwe sleame it will itch: also it will be full of sozes and boyles arising thereupon. Also take heed of his digestion, for it will be of great collour, and much quantitie of vyne and thicke. And know well that hee that suffereth it, an euill commonly haunteth him, that is called in Latine *Dediamine*, and al they which are infected with that maladie, there will appeare haire thereupon, as doth vpon a *Leaper*, but vpon this maladie the haire shall be blacke, and vpon a *Leaper* the haire shall be white and redde: And a naturall knowledge and a true description are all these afoze rehearsed:

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Diuers necessarie obseruations both Phisicall and
Astronomicall, chap. 62.

Moreouer, it is to be understood, that every moneth in the yeare, the Moone hath her course in one of the twelue signes: and in every signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelue signes haue gouernment of euery man and beast in the twelue parts of the bodie. And whiles the Moone is in euery signe, and if the bodie be let blood, or else wounded, or burnt, all the medicines that are cannot serue in that signe that hath the gouernment of the place of the bodie, and it is maruell but that the bodie be soone dead, or else distraught for ever.

Aries hath the gouernment of the head and face.

Taurus the necke, the throte, and the knot of the throte.

Gemini the shoulders, armes, and hands.

Cancer the breast, the stomacke, the ribs, the lungs, and the milke, in the upper part of the breast.

Leo the heart, the stomacke, and the ridge in the nether part of the breast.

Virgo the wombe, with the intrasles, and the paunch.

Libra the reynes, the loynes, and the web of the skin, that couereth them, with the haunches, and buttocks.

Scorpio the priue members, and the fundament.

Sagittarius the thyes.

Capricornus the knees and hammes

Aquarius the legges from the knees to the ankles.

Pisces the wysses and the feete.

Also it is to be understood, that a Laxatiue must bee taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the wind is in the South, then is it best time to take a laxatiue.

Also if ye should assaie the medicine, make it in the signe retentive, as Taurus, Virgo, and Capricornus, and when the winde is in the North.

Also when he shall be let blood, looke that the Moone be in a signe attractive, and Aries, Leo, or Sagittarius. And looke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waxing, and in the old Moone the blood is waning, and therefore take a full Moone.

Also

Also if yee will giue a digestiue medicine for to desie any humors, giue it whe the Moone is in a digestiue signe, as in Gemini, Libra, or Aquarius: and if ye worke by this teaching, ye shall do much the better, or els it will not goe by reason.

Also, beware, in these dayes in letting of blood, that is to say, in the Canticular dayes, the which begin eightene dayes before Lammas untill yrrb. dayes after Lammas, for they be titled in the Kalender. It is to be understood, that every day beginneth at high nane, as the Sunday beginneth his first houre on the Saturday before atternone. And the Sunday, after the day, beginneth before the Sun rising at every day. It is to be understood in the Sunne rising of euery day in the first houre of the Planets: as to account after the Planet, the which Planets the dayes were marked in olde time. For in Latine & French they haue taken their names kindly after the Planets, but in English not so. Sunday taketh his name of the Sun. Monday of the Moone, Tuesday of Mars. Wednesday of Mercurie. Thursday of Iupiter. Friday of Venus. Saturday of Saturnus. And in this order yee should account the houres of euery day by the Planets. If it be Saturday, the houre of the Sun rising, which that day gouerneth by Saturnus, the next day after by Iupiter. And so in order reckon out the seauen Planets. And rise as sft as needeth, untill the foure and twentie houres be fully spent. And this is the course of all the Planets of all the yere. And if ye be let blood, then looke that ye bleed in a good Planet, with the signe, that ye be taught to bleede in. Iupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and Moone and Mercurie with good signes they be good, and with badde signes they be bad. They be called good signes that be sanguinious, and they that be Melancholious be called bad signes: and they that bee Chollerike and Flegmaticke standeth in meane: And therefore beware and keepe your rule, as it is said before.

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Certaine secreete remedies appertaining to Women.

To make a woman haue her flowers. chap. 63.

First looke that the woman be not with childe : then take of the roote of Gladen a good quantitie, and boyle it in Vineger, or else in wine till it be tender : and after set it on the ground in a vessel, that the woman may stand ouer it, and let her stand close ouer, so that the heate may strike vp into her body, and this shall helpe her : for this faileth neuer. Probatum est.

For the suffigation of the Matrice, and for the falling
of the same. chap. 64.

Take Asphaltum, that is, Tarre of Indie, and cast it vpon the hote coales, and let the woman receiue the smoake into her mouth, and into her nose, and it shall disieue the Mother downe anone.

For sore falling of the Matrice. chap. 65.

Take the same powder aforesaide, and cast it on hote coales vnder a siege skole, and let the woman sit ouer it, and steepe her with the same, and top the siege skole close with cloathes, so that there goe no ayre out, and it shall disieue the Matrice presently, the saueur thereof is so effectuell. Probatum est.

For the Flowers to be brought out shortly. chap. 64.

Take the roote of Gladen and make it cleane, and shred a good quantitie there small, and put in an earthen pot, and put thereto a good quantitie of Vinegar, as need requirerh, and then take a couer and couer it close with paste, but let there be a hole in the middle of the couer, and the couer bee of a dish meete for the pot, and let the hole be no moze but so put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no ayre goe out, vntill that time that the rootes be soft. Then take it from the fire and let it coole till the great heate bee past, so that the woman may suffer it : and looke that you haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that comereth the pot, and vnslop the hole, and put in the pipe, and let the pot vnder the siege, so that the pipe may come vp thozow the siege, that the woman may receiue the other end of the pipe into her bodie, as warme as shee may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and she shall haue deliuey right soone : and as soone as she knoweth that it cometh, doe it away, and she shall be whole by the grace of God.

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For the Mother rising vpward.

chap. 67.

Take halfe a pinte of Malmsley, and sette it vpon the fire in a perce, and dissolue therein 3 s. of Assafetida, and let it stande so nether the fire the space of two Creedes sayng, and then giue this to the woman to drinke, and it will put downe the Mother presently.

For the Mother that riseth vpon a man.

chap. 68.

Take Ambrose, called wilde Sugar, and dye it in the Summe, and make a powder thereof, and when the Mother riseth vp to the heart, giue him to drinke a quantitie of that powder with a little warme liquor, and it shall void anone.

To bring forth Termes. chap. 69.

Take Organum and boyle it in Wine, and emplaster it to the priue member Also take Cotton and wette it in Turpentine, and make a Suppositoze. Also take Calamint and Penitroyal, and boile the same in Wine, and let her drinke thereof. Also take Parsnip, and Astrolia longa, and boyle them in wine, and giue the sick to drinke, or els make a Suppositoze, and it taketh away the ache of the Matrice, and speedily bringeth forth the Secundine and prouoketh the Termes.

Another,

Stew her with these hearbes, Organum, Calamint, Hauine, Poderwozt, Penitroyall, rootes of Lillie, and Madder, and make a Pillary: Or else Magdalion, and put it in a strong linnen cloath, and put it in her fundament.

Also, take Dyle that a Goorbe is sodden in, and make Suppositoze, and it maketh prouocation anone.

Also take Garlick and stamp it, and boyle it in Dyle, and put it in a bagge of linnen cloth, and thereof make a Suppositoze.

Also Cinamon and Pirre boyled in water, and drunke, putteth away the Secundine.

Also, take Dyle that is made of Lillie, and giue to the woman to eate with bread, or a Suppositoze made thereof, there is none like thereto in all manner kinds to helpe the Matrice.

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Also for seare least the mouth of the Matrice were hurt wth any thing, with any annointing: Take Oyle of Bay, Oyle of Buliol, or oyle fustill that groweth on an Oake, and therewith annoint the place.

A good bath for the Flowers proued. chap. 71.

Take Hauine, Juniper, Calamini, Penitropall, Motherwoorth, Peritozie, Heliter, leaues of the Bay tree, and boyle them together in water, and bath the woman therein many times, and shee shall haue her termes at her owne mind and will.

Also take an Egge and rost it soft, and put therein Arsaetida, and let her sup it vp when she goeth to bed, and shee shall speed anone,

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holibocke, Wormewood, Mugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein aboue the Nauell, and let her strike euer downe-wardes with her handes, and it will helpe.

Item for the same.

Take a Goates skinne with the clawes and the hayre, and cut it verie small, and cast it into a fire of Charcoale made in a pan vnder a siege chayre, and let the ayre smite vp into her body, and shee shall haue helpe.

For the same.

Take Castor, ʒi. Ensozbum, ʒs. and make them in powder, and take of the gall of a Bull ʒii. and of the iuyce of Rue ʒi. And mingle them together, and then put thereto the powders aforesaide, and make a Suppositoꝝ of Cotton, and wet it in the confection, and put it in, and it will bring forth the Secundine, and prouoke the Menstrues.

Another.

If a woman haue good purgation in her childbed, let her drinke the Chaung of Hearts hoꝝe in wine, and it will doe her ease.

To cease a womans Flower. chap. 72.

Take the iuyce of Plantaine, and put thereto the powder of Bole-Armontack, and mingle them well together: then take Cotton and open it broad, and wot it in the confection, and make thereof a suppositoꝝ, and it shall cease the fluxe of the Matrice.

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To bring forth flowers, and the Secundine, and a
dead child, chap. 73.

Take faire Dates and seeth them in faire water while they bee
well sodden, and then take the water and make thereof a bath, and
let the woman sit therein vp to the heart, and bathe her well in that
water, and it shall bring forth her termes, and the Secundine, and
deliuer her of a dead childe, if she haue any in her wombe.

Another for the same.

Take Muence, and seeth it in Wine, and make a plaister, and
lay the same vpon her Nauill. Or else take the croppes of Muence
and seeth them in Wine, and make thereof a Suppositoie, and it
will doe the said cure.

Another for the same.

Take the iuyce of Wittaine, and mingle it with powder of Castor,
and make a Suppositoie with Cotten.

Another for the same.

Will a clone of Garlick, and put it into her, and it shall bring forth
her flowers soone: or else seeth Garlick, and let her sit in that wa-
ter vp to the nauill, and soke her well therein: or else make a Suppo-
sitoie of Garlick sodden in oyle.

If a woman haue too many flowers. chap 74.

Take the soote of an Hare, and put it in a newe earthen pot, and
burne it to powder, and let her drinke of that powder with warme
ale, or with warme wine vntill it be ceased.

Another for the same.

Take the middle barke of the Cherrie tree, & put away the gray
barke that is without, and take the greene barke and stamp it smal,
and giue it to the woman with a little warme Ale to drinke, and it
shall stop the flowers. Probatum est.

Another for the same.

Take the iuyce of Bursa Pastoris, and the powder of Sanguis
Draconis, and make a Suppositoie thereof, and it shall cease.

For to cleanse the Matrice. chap. 75.

Make a Suppositoie of Cotten, and annoynt it with Turpentine,
and it cleanseth the Matrice of corruption.

For to cease flowers, and for faintnes and casting in
child-bed. chap. 76.

Take the leaues of Birch, and make small bundels therof, & seeth
them

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them in Vinegar, and make a plaister therof and lay it to her thare, and to the reines, and if discenterie be in default in the upper gutte, lay the plaister vpon her stomacke.

Powder of Holland against the Collicke, and the
gnawing of the belly. chap. 77.

Take Cinamon, Annis seede, Fennel seed, Commin seed, of each a quarter of an ounce, of Spanen Liquozes thre quarters of an ounce, of Galingall, one ounce and a halfe, of Spicknarde a quarter of an ounce, of Seene of Alexandria, two ounces: beat them into fine powder, and serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly solluble, causing a gentle laske: easie
for any one to take. chap. 78.

Take Seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis seed a quarter of an ounce, beate them into fine powder, and put them into sodden Sugar, and make loosings (as before) of the whole, the number of sixtene, whereof dissolve two of them into a messe of pottage, or in a cup of Wine. fasting in the morning, and last an houre after. If you do put as much Sugar in powder, ye may keepe it in a bladder, and the whole powder will serue right times to receaue: as euen now is sayd.

A receite to restore strength, in them that are brought
low with long sicknes. chap. 79.

Take of the hawnt of a Feasant or Partridge, or of a Capon sodden or rosten of each a quarter of an ounce: steepe them in Rose-water two howres, of the kernels of Nuts, called Pistatorum, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Cinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letiscentes, Galeni, of each the weight of fortie graines of Barlie corne, of the seede of Spillon, Pepon, Cord, and Cucumner, of each the waight of tenne graines the skinne taken of, let them be all grounde small, then take six ounces of Sugar dissolved in Borrage water, seeth it on height, as for loosings, and when it is sodden enough, then put in all the other, geare, and make Loosings thereof. Whereof one is sufficient at once dissolved in a messe of pottage, or a draught of drinke. Thus doe two or thre times every day.

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To make Loofings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, seeth them likewise, & when you will knowe when it is sod enough, take out some vpon a knives poynt, and let it coole, and if be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Sinamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyleb. Dye it as thinne as ye thinke meete, lay on your gold lease with a Connes saile, cut your Loofings Diamond fashon, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damask water, till the scurfie of the Leather bee gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them vpp to dye, and then lay them in a linnen cloth, that is folded three or foure times double, and when they bee dye, let them lie in Rose-leaves dyed a day or two, then take oyle of Cloct, Almondes, and Pusae, and grinde them together vpon a Marble stone, stretch them forth softly, and with your hand amoynt your gloues three or foure times and euer among stretch them forth as they dye. Then take Sandoier mixed with a little Amber-Greece, and strowe the powder of it thinly vpon them, and lay them in a paper, and in a box: or els melt the Amber-Greece in a quantitie of Rose-water, and mixe them dye, and lay them in faire white paper.

2 To perfume Gloues another way.

Take the Gloues, and wash them as aforesayde, three or foure times, and wyng them euerie time softly: then take Gum Draga-gant, and steepe it in fine Damaske water one night. Then straine the water thzough a fine linnen cloath, and take Gum and mire it with an ounce of Amber-Greece, with Oyle of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to dye, and lay a paper betweene.

3 A preparatiue for Gloues.

Wash the Gloues, as aforesayde, till the sent of the Leather bee gone: then take of Beniamine two ounces, of Storaxe Calamite

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mite one ounce, let them be verie fine: then take Oyle of Citril Almonds, and mingle it with Beniamine Storax vpon a Marble Stone. When it is well ground, put it into an earthen pot with oyle of Citret Almonds, then put in Cloues in powder, and so let it stand close covered: & when you need take a little Rose-water in a sponge, and rub the Cloves softly, and then in like manner, with the Oyle called Cinet, for the same purpose.

4 Another way.

Take twelue graines of Pulke, six graines of Amber-Greece, three graines of Storax Calamite, six graines of Beniamin, and a few Cloves: grind all these together with oyle of Citret almonds. First, wash your cloathes with Jusles dissolved a day in Damaske water.

5 Another for Gloues.

Take your Gloues and wash them in Rose-water once or twice, till all the scurfie bee gone from them, and then let them drie, and stretch them well out, fingers and all. When plaine them, and wash them once or twice: then take two ounces of Storax, and as much Beniamin made in powder, dresse your gloues all ouer, on a smooth boord before they be drie: then hang them to drie, and when they be drie, saue the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Sinamon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close Potnet covered. Then take a fine brush, and brush them ouer.

6 Another way to perfume.

Take Amber-Greece a dramme, of Muske halfe a dramme, of Jusles a dramme, of Cinet halfe an ounce, put all these together in a pinte of Rosewater, or Damaske water.

7 Another way.

Take a dram of Amber-Greece, a dramme of Beniamin, halfe a dramme of Jusles, a dramme of Storax, a quarter of an ounce of Labdagnum, put these in Rose water.

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A perfume for Chests and Cupboordes, and also

for Gloues. chap. 82.

Take Benjamin and Storace of each an ounce, Labdanum and
Jusles, of each a quarter of an ounce, halfe a dram of Cinet: if you
burne it for Chestes, or Cupboordes, beate it in a hote moxter: if it
be for Gloues, boyle it, and put it to Rosewater.

To collour Gloues. chap. 83.

You must haue bulles of greene Walnuts, that must lie in wa-
ter all the yere long, take them well with these bulles, and make
them as deepe a collour as ye may.

How to collour Gloues yellow within.

To collour Gloues yellow within, take the yolke of twenty Eggs
and put them in a frying pan with a soft fire, stir them cur, & brasse
them with a Lade, and the oyle that ascendeth of them, being an-
ointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and five pound of Sops: chalke,
four pound of Dere suet, and put them in the lie in an earthen pot,
and mingle it well, and keepe it the space of fortie dayes, and mingle
and stirre it thre or foure times a day, till halfe be consumed, and so
that that remaineth seauen or eyght dayes after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make redd sealing Wax. chap. 85.

Take to one pound of Ware three ounces of cleane Turpentine
in Sommer, in winter take foure. melt them together with a soft
fire: then take it from the fire and let it coole, then put in Vermilion
very finely ground, and Sallet oyle, of each an ounce, and mire them
well together, and it is perfect good.

To keepe Damasins in sirrope. chap. 86.

Take Damasins, and pick them well with a knife or pigne, then
take clarified Sugar, as much as you thinke will serue, and then you
must boyle it till it bee as thicke as birdlime. Then boyle your

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Damasins in the clarified Sugar till they be soft: then take them
up, and put them in a glasse: then you must boyle the sirrope, till it
be as thicke as the other was, before you put in the Damasins, and
so couer them close.

A water for the face, vsed of Gentlewomen.

chap. 87.

Take Goates milke two pound, fine Flower halfe a pecke, the
whites of three Egges, and make it from paste to little loaves, and
bake it, but not too much: then take more of the said Goates milke,
and crumme of the crummes of your bread into it, let it steepe all
night, & wipe your face with a dry cloth, and then walhe your face
with the said milke, and in vsing this, it will make the face shine as
white as snow.

Another to make the face faire.

Take the shearing of Scarlet, foure ounces, the whites of two
new layd Egges, white wine two pound, Rosemarie flowers, or
Rosemarie it selfe, and seeth it or still it, but if you seeth it, scum it
cleane, and when it is colde vse it, and it will make the skinn looke
smooth.

Another to remooue high colour
in the face.

Lemons layd in Buttermilke, is an excellent meanes to remooue
high collour in the face.

A water for heate in the face, and breaking out
with pimples. chap. 88.

Take Allum glasse two pound, the iuyce of Plantin, Parslan,
Teriuyce, of each halfe a pound, the white of twentie Egges, beate
them and mixe them, and distill them: which water destroyeth cha-
sings, beates pimples, wheales and scurres, whatsoeuer they be.

To know whether a woman shall euer conceaue
or no. chap. 89.

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Take the Ruine of a Hare, and hauing frayed and consumed it in hote water, giue it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath: and if there come a greene or paine in her belly, shee may conceiue, if not, shee shall neuer conceive.

To make a barren woman beare children.

chap. 90.

Take of those litle sea-fishes, called in Latine Polipi, or Polipodes, and roast them vpon the Embers without Oyle, and let the woman eate of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little.

chap. 91.

The leaues of Bittony and stampe them, or else make powder of them, and giue the woman that laboureth to drinke of it with a litle water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fise seuerall wayes. chap. 62.

Take Venice Turpentine washt in red Rose-water, soure oranges, a Nutmeg, Plantine seede, a yellow Amber bead, of each a like, with like quantitie of sinamon, and ponder of Comfrey rootes, which being mingled, role of Turpentine in the ponder, and make it into fise Pills as big as a beane, and take them in a spoone with sirrop of Rubarb, three in the morning, and three two houres befoze supper, and it will helpe it.

Another for the running of the raines.

Take Nutmegges halfe a pound, and bruse them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another spectall way approued.

Take Hazel-nuts, well pilled or blanched two handfull, Sink-hole and knotted grasse, of each a handfull, soure Camphire leaues: stampe the hearbs, and strayne out the iuyce into two pound of Muscadell:

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cadell : then beat the put kernels as small as you can, and put them in : Also take an Amber head, and beat it to powder very fine, which being put in the wine to the rest, stir them altogether a good while : then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Rip, and Clarie, fryed with the yolkes of three or foure Eggs, and taken euery morning is very good.

To strengthen the seede. chap. 92.

Take Succozie, Endiue, Plantain, Violet flowers and the leaues, Clarie, Sorrell, of each halfe a handfull, with a peece of Button; make a good broath, and to eate it euening and morning is especiall good.

For the gnawing in a womans stomack. chap. 93.

Take a good handfull of Speermint, and a handfull of Worme-wood, and beat a tile-stone, and lay these two things on it, & make a little bag, and when the herbs be hote put them in the bagge and so lay them to her stomack.

For an Ague in a womans breast. chap. 94.

Take Hemlocke leaues, and fry them in sweete butter, & as hote as she may suffer it, lay it to her breast, and lay a warme white cotton, and it will drine them away in short space.

For brestes that be sore with milke.

chap. 95.

Take Linseed, Oyle, and ware, melt them, and wet a rag therin, and lay it to the breast warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, bzanne, powder of Fennelick, of each a handfull, white Vineger a pound, three spoonfull of honey, and three yolkes of Eggs, saeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

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To keepe a womans breast from breaking.]

chap.97.

Take Sage, Marigolds with the blacke seede, and the sharpest nettles, of each halfe a handfull, bruse them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oyle of Roses, beane flower, and the yolke of an Egge with a little Vineger, set it on the fire till it bee luke warme, then with a feather annoynt the place.

For the vnnaturall heate of the Liuer. chap.98.

Take Borage, Buglosse, Succozie, Violets, fumitorie, young Hop-buds, Fennell budde, of each a quarter of a handfull: young Shallowes, and Mercurie, of each halfe a handfull, boyle these in a pottle of Whey, and straine them.

For the Canker in the mouth.

chap.99.

Take halfe a pinte of Ale, and a sprig of Rosemarie, seeth them altogether, and stum your Ale, and then put in a peece of Allum, as much as a nut, and a spoonefull of honey, and two spoonesfull of Venisuckle water.

To make the face faire, and the breath sweete.

chap.100.

Take the flowers of Rosemarie, and boyle them in white Wine, then wash your face with it, and vse it for a drinke, and so shall you make your face faire, and your breath sweete.

To make haire as yellow as golde. chap.101.

Take the rinde or scrapings of Rubarbe, & scrape it in white wine or in cleare lie, and after you haue washed your heade with it, you shal wet your haire with a sponge, or some other cloth, and let them dry by the fire, or in the Sun. After this wet them, and dry them againe, for the oftner they doe it, the fairer they will bee, without hurting your head any thing at all.

To driue away all venemous beasts from your house Chap. 102.

Take Juniper, the seede of Agnus Castus, the shelles of riuer Cresses, Harts horne, the greace or suet of a Bucke, Kerle or town Cresses, D;ganie & bittany: make of al these drugs a dough or
paste

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paste. And when you will vse or occupie it, burne it, for whereas the smoke thereof goeth, the beasts will voyd away.

Against all poyson eaten and drunken.
chap. 103.

Having knowledge that any man is poysoned, the cheefe remedy is to make him vomite the poyson, in giuing him Oyle Olive luke warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hote water, or with the decoction of Linseede, or the seede of Pettles, or of Semicrecum: and all these things purge the venome as well downward as vppward. After hauing made him vomit diuers times, you must purge him with sharp Clysters downward. Then giue him water mixt with hony, and also olde wine enough to drinke. But if you can get good Treacle or Spethivate, they are the principallest against poysons, with Terra Sigillata, Acorne Shells, and giue it him in good wine. Let his meat be fat fleshy of old Beasts, and fat Broth especially of Hennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To driue away Lice: chap. 104.

Take Incence, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot leaded, and with this oymntment rub and annoynt the place where the Lice be,

How to make a soueraigne water, that M. Doctor Steuens Phisitian, a man of great knowledge and cunning did practise, and vfed of long experience; and therewith did very many cures, and kept it alwayes secrete, till of late a little before his death

Doctor Parker, late Archbishop of Canterbury did
get in writing of him, chap: 105.

The Receite:

Take a gallon of good Salcoine wine, then take Ginger, Galin-
gale, Camomel, Dillomon, Putnecs, Graines, Cloues, Mace, Ani-
seeds, of euery of them a dram. Then take Sage, Mint, red Ro-
ses, Time, Pelloite of the wall, wilde Marigold, Rosemarie,
Peann

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Penny mountaine otherwise called wilde Time, Camomill, Lavender, and Quens, of euerie of them one handfull: then beat the spices small, and bruse the hearbes, and put all into the wine, and let it stand twelue houres, stirring it diuerse times. Then still it in a Limbecke, and keepe the first pint of the water for it is the best: then will come a second water, which is not so good as the first.

The sundrie vertues and operations of the same
many times approued,

The vertues of these waters be these: it comforteth the spirits, and preserveth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Palsie: it cureth the contract of sinnewes, and helpeth conception of women that be barren, it killeth the wormes in the bellie. It helpeth the colde gout, it helpeth the toothache, it comforteth the stomack very much, it cureth the colde dropsie, it helpeth the stone in the bladder, and in the raines of the backe: it cureth the canker, it helpeth shortly a sinking breath. And who so bleth this water ever among, and not too oft, it preserveth him in good liking, and shall make one seeme young verie long. You must take one spoonefull of this water fasting, but once in seven daies, for it is verie hote in operation. It preserveth Doctor Streuens that hee liued fourescore and eightene yeares, whereof tenne yeares he liued bedded.

To make a water that taketh off all stayning, dying and spots
from the hands of Artificers, that get them by working,
and maketh them white and faire. It is
good for them that be Sun-burned,
chap. 106.

Take the iuyce of a Lemmon, with a little Bay salt, & wash your hands with it, and let them dye of themselves, wash them againe, and you shall finde all the spottes and stayning gone. It is also verie good against the scurffe or scabbes.

To heale all manner of inflammation, and euill disposition of
the ayre, leaprie faces, great swollen legs, or inflamed
handes, chap. 107.

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Take flower, or Amillum made of Barley, which ye shall easily find at the Apothecaries, and seeth it halfe an houre in common water, then straine it, and put it into another new potte that is cleane and neate, putting to it a fewe Gallows, Succorie, Hoppes, Endive and Boyage, and seeth all these together untill it be dissolved, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloath, as much Calsia extracta as will goe into two mts, & put it within the said linnen cloath with the Cassia, while the water is hote, pressing it so hard betweene your two fingers, that the substance of it may goe into the water, then put to it Sugar or Penides, as much as you will. Of this drinke (which is of very amiable savour) you must take from day to day a little glasse full in the morning, lying in your bed with your breast upward, then laying some linnen cloth upon your stomacke, sleepe if you can, and take of it also after you be up, and have done your necessarie: the which doing, you shall find your selfe verie well healed in few dayes. But here note that this must be done in the Sommer, and not in the Winter, and he that hath his stomacke verie cold, may weare before his breast some peece of Scarlet, or other cloath, and sometimes annoynt his stomacke with an Oyle made for the weakenesse of it, the perfect composition whereof we will put hereafter.

A singuler oyntment which healeth all burnings with fire, not leauing any skarre where it hath beene,

Chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quick Lime, washed in nine waters, an ounce of newe Mace, with as much Oyle Rose as shall suffice, and make thereof an Oyntment, which ye shall finde verie good for this that we haue spoken of.

To draw an arrow head or other yron out of a wound.

chap. 109.

Take the iuyce of Valerian, in which ye shall wet a tent, and put it into the wounde, laying the saide Hearbe stamped vpon it, then make your binding or band as it appertaineth, & by this means you

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you shall drawe out the yron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall.

chap. 110.

Take an ounce of Bay salt, rawe hony three ounces, Commif three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hote to his head, and it will altogether asswage the swelling, and heale him cleane and neat.

To know what time in the yeere hearbs and flowers should be gathered in their full strength.

chap. 111.

Medicines are made divers and sundry wayes, some by leaues, some by seedes, some by rootes, some by hearbes, some by flowers, and some by fruites. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seedes when they fall be full ripe, and the moistnesse somewhat dried away.

Flowers should be taken when they be fullie open, ere they beginne to fade.

Hearbes should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaues fall.

Fruit es should be taken when that they be at their full growth, or when they fall, & the heavier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better then those that be gathered in raine. And those hearbes that growe in the fieldes, are better then those that growe in Colones and gardens, and those that growe on hilles in the fieldes are best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many hearbes there be that haue speciall time to be gathered in: and if they be gathered in that time, they haue the full vertue, to their

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their proprietie, or els not so good. Some doe helpe whensoever they be gathered, and some naught if they be gathered out of time: their foremarke well what I teach thee.

Bittanie should be gathered principally in Lammas month, with the seed and the roots, and without any Iron toole, and it must be dyed in the shadow, for medicines it may be gathered other times, but evermore it is the better if it be gotten without iron, and it must be gathered before the sunne rising.

Swinegrassie may be gathered when it pleaseth you, in time of neede.

Cammomill should be gathered in Aprill.

Bellitorie should be gathered in June, before the sunrising.

Red Docke should be gathered when they need daily.

Longbeefe must be gathered in June and July.

Penitwort must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dragant should be gathered in June and Julie.

Columbine in Lammas month.

Adbertoonge must be gathered in Aprill.

Bedelion when thou wilt.

Grommell alway after midday.

Wallwort, when it pleaseth you, without iron.

Violet should be gathered in the month of March, and in this month should Violets be put into suger, and sirrop.

Roses should be gathered in Aprill, or May, and of them shoulde be made suger-Roset in sirrope of Roses, and in the same moneth shoulde oyle be made of Cammomill.

Rosemary flowers should be gathered in May.

Sentoyp when it beginneth to flower.

Drganum in the month of June.

Solsequi should be gathered the sixteenth day of August, before the sunrising, without iron.

Harts-toong should be gathered before day in November.

Ariskolagia should be gathered the same time.

Garlick may be taken when you need for medicines.

Wilde Garlicke should be gathered when it flowereth.

Courges should be gathered in the end of September, when they
be

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be ripe, and dried where the Sunne may be all day.

Wild-berberies should be gathered when they were yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be layde vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, for then the seed shall be good, and full of kernels.

Citrull when the fruit is ripe, and dried in a drie place in the Sunne.

Calamint should be gathered when it floweth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered afore the sunne arise.

Godur, that groweth among flaxe, should be gathered when he beginneth to flower, and it may be kept three yere.

Cleber should be gathered in harvest time.

Fennell seeds should be gathered in the beginning of Harvest, and two yere they may be kept.

The rootes of Fennell should be gathered in the beginning of the yere, and two yeeres they are good.

Baldemony, that some men call Gentian, should be gathered in the last end of the yere, and foure yers it is good enough.

The roote of this hearbe is used, and how thou shalt know him, is this, that he be very bitter, the lesse bitter the worse.

Also looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Salingale is called in Physicks Typus, it may be taken at all times when you will, but best it is in the end of Aier: and three dayes it must be layd in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flowerdeluce should be gathered in the end of Aier, and dried in the Sunne, and it will last two yeeres well.

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Heere followeth the sundry vertues of Roses, for diuers
Medecines. chap. 112.

Roses be colde and moyst in tise degrées : It hath these vertues,
stampe it, and lay it to a soze that burneth and aketh, and it shal cease
both the burning and aking.

Also, it is good for the Feauer in the stomacke, and against all e-
uils that are genized in hote humors.

Also, let any woman drinke it with wine, and it shall forthwith
cause her to restraine bleeding, & helpe the marrowes of the wombe.

Also, make oyle of Roses, and that is a principall receit for prick-
ing in sinewes, and the water thereof is good for soze eyes, and for
hote euils, & the oyle is good for the head ache to annoint there-with
the temples, and the roote of him is good, to draw forth pou or o-
ther things in a mans foote, and the redde rose is much better then
the white.

The sundry vertues of Lillies.
chap. 113

Lillies are cold and dry in the thirde degre, and so saith Galen,
that who so seetheth the leaues in water, it is a noble plaster for
sinewes that are shoptned, and it is good for all maner of burnings
and scaldings.

Also, when the leaues and rootes are sodden in alde wine, and
tempered wth honey, it is a profitable playster for sickness that
are staruen. Also the water & the iuyce is good for to wash th^e bris-
fers, and to take away the freckels on mans visage or womans : and
the roote is good to ripe therewith botches, and for to breake them.

Of the sundre vertues of Milfoyle.
chap. 114.

Milfoyle is hote and dry in the second degre, it is good to stanch
the bloudie fire, and the iuyce thereof healed the biting of a redde
hound : and if it be sod in red wine, drinke it, and it killeth worms
in the wombe, and it softeneth hardnes in a mans wombe, and hel-
peth the Jaundise and dyspnie.

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And take the hearbe and stampe it, and temper it with vineger, and it will doe away blood in woundes, and it will cease the toothache when it is cheewed sucking. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundrie vertues of Rosemarie.

chap. 115.

Rosemarie is hote and drie, : take the flowers thereof, and put them in a cleane cloath, and boyle them in faire cleane water, untill halfe be waisted, and coole it, and drinke that water, for it is much worth against all manner of euills in the bodie.

Also, take the flowers, and make powder thereof, and bind it to the right arme in a linnen cloath, and it shall make thee light and merrie.

Also eat the flowers with honie sucking, with solwe bread, or els with other bread, and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night vnder the ayre covered, and after that, giue him to drinke thereof that hath the Cisticke, and he shall be holpen.

Also if there bee any man that is rammage, take the flowers, and leaues a great quantitie, and boyle them together in a good quantitie of cleane water, in that Patient Balneat, and it shall heale him.

Also, bolle the leaues in white wine, and wash thy face therewith, and thy beard, and thy browes, and there shall no coyne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sowzenes and euill saouours : and if thou wilt sell thy wine, thou shalt haue good sprede.

Also, if thou bee feeble with unkinde sweate, boyle the leaues in
cleane

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cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Cyzill, and lay them on a linnen cloath, and bind it to thy wombe, and anone thy Flux shall be withdraune.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and bind them in a linnen cloath, and wind it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boyle them in strong Cyzell, and binde them to thy stomack in a cloath, and it shall deliuer thee of all euils.

Also, if thou haue the cough, by stirring, or by any other way, drinke the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemarie, and drinke it, and if thou be in the poxe, thou shalt be deliuered.

Also, take the timber thereof, and Lurre it to coales, and make a powder thereof, and then put it in a linnen cloath, and rub thy teeth therewith, and if there be any woymes therein it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barreil, and drinke thou of the drinke that standeth therein, and thou needest not bread of any euill breing therein, and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much encreasing of it selfe.

And if a man haue lost his smelling of the ayre, that hee may not draw his breath, make a fire of the wood, and bake his bread therewith, and eate it, and it shall keepe him well.

Also, a man that hath the Gout, take Oyle of Roses, and the polk of an Egge, and the flowers of Rosemarie, and medle them together, and doe it to his soze, and he shall be holpen.

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For to make a speciall soueraigne water, which is of three colours, and it is called the Mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any sore old or newe, and it is thus made.

Chap. r r 6.

Take Turpentine foure pound, of Frankinsence, Bastick, of either two ounces, Alloues, Epaticke, Date stones, Labdanum, Castozum, rootes of Betanie, rootes of Enula Campana, of each two ounces, distil them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellowe, and swimmeth aboue the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like hornie, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lie an houres space, and then mount vp to the toppe, as true Balom doth: and with this water if you wash your face twice a day and chiesly your psoethils, it cureth the reume descending from the bzaine, and clarifieth the sight. And if you we: a linnen cloth in this water, and lay it to any soze legge or arme that hath dead flesh, it will cleanse it, and drue away the ache within fise houres space, and it consumeth all Apostumes, Ulcers, Fistules, Puslules, Emeralds, and healeth all greene wounds. And if ye dip a linnen cloath therein, and make it fise fold, and lay it to the noddle of your necke, it healeth the Balie: and so likewise it cureth the Colic, or any sinnew that is drawne together therewith, bath it three or foure times together warme.

The water that is of the colour of blood, is of such vertue, that if a leaprous man or woman vse therof fiftene dayes together, halfe a spoonefull euerie day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twentie houres, if it be not moztall.

And it healeth all kind of cankers, crepes, Noli me tangere, within fiftene dayes, if you wash them with the said water euerie thirde

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day, and if you make rags of cloath, and dip it in the same water, and lay it upon a plague soze, and drop one drop therein, and it mortifieth the malignitie thereof, and that shortly. And if you droppe one drop in the eye, that hath a peale, or is halfe blind, it wil recover it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recover the Strangurie or disure within five houres, and breakech the stone within two houres, whether it be in the reines, or in the bladder. The water that hath the colour of blood is most precious, it comforteth the weake member, and preserveth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Milt, and keepeth away the Gout, and causeth good digestion, it purgeth colde and rotten blood, and putteth away ill humors, & healeth all agues: This water must be vsed from the month of November, to the month of Aprill, and you must take but halfe a spoonefull at once, noz ofner then once a weeke.

The manner to make this water, yee must haue a glasse a cubite high, and fill it with Aqua vite made with Wine, and stoppe it well, then put it in boyledung, so that it be not moyst, noz too wette, least the glasse breake, and you must leane the necke of the glasse without in the ayre, that glasse through heate of the dung will boyle soze, so that the water will ascend to the necke of the same, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breath not out, and so leaue it in eight dayes.

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a recepuer, well stopped, and make a soft fire, and gather the first water that drops cleere, but when you see the seconde Water turne into redde colour, change the Recepuer, soz then be ginneth the second water to come, and that will kepe wel in a glasse well stopped.

The spices that goe to this water, bee these, with the hearbes, Cardamum, Cloues, Nutmegs, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Bugwoort seedes, Fennell seedes, Annis seedes, Flowers of Basil, Elderne flowers, redde Roses and white, Lignum Aloes, Cucibes, Cardamum, Calamus Aromaticus, Naces, Germaner, Frankincense, Turmentill, Juniper, Egrimonie, Sentooy, Fumitorie, Pimpernell,

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nell, Dandelion, Enfrage, Endiue, seedes of Sozrell, yelloe Sanders, Fetherfop, Aloes, Spatich, of each two ounces, Rubarb, two drammes, dry figges, Raisins, Dates without stones, sweete Almonds, of each two ounces, Aqua vite to the quantitie of them all. that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pocks, paines in the loines, lameness of limmes, paleness of colour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humors, as also to allwage ouer grosse & foggie fatte bellies, and that without danger.

Chap. 117.

First, it is needfull to prouide for the sicke body a close and cleane Chamber out of all grosse ayre, and cleane warme garments both for bodie and legges, and at rising and going to bedde, a fire of Charcoales, for wode is not so wholesome for smoking: also, they must not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which must be newe altered: also the sicke bodie must eat but little meate, and that kinde of meate as shall hereafter be prescribed, and at such time as shall bee appointed, and let the sicke body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no companie of any woman, for that is a most dangerous payson for the health of any person in that case.

Secondly, you must prepare two brasse pottes or else yron, one being foure gallons, the other sixe gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasse or yron, you must also prepare certaine good earthen vessels, with close couers, to keepe your drinke in, of bothe sortes by themselves. Moreover, you must haue a Strayner of a Bearee-cloth, to straine your drinke after it is decocted, Instruments to take out deade flesh, and to search

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search a soze, and a syring to cleanse any soze beeing deepe, with the same drinke. Also you must haue a wooden vessell to bath the sicke body in, at such times as hereafter shall be appointed. Also you must prepare cleane cloathes, to dry the sicke body after a sweate, beeing warmed well first: other instruments you shall neede none, but onely your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, verie cleane without any kinde of filth. Chaste water is good.

Thirdly, for your strong drinke, yee must take your pot of foure gallons, & set it on a fire of coales, with the foure gallons of the faire running water, then put into the same one pound and a halfe of your wood, small rased, or turned at the Turners, but when you doe buy your wood, see it be not old, and lacke moisture: this tryall is best: Take a litle coale burning, and lay it on the blocke before it be rased, and if it be good, it will boyle vpon euery side of the coale like Mirrhe: Then put thereto an ounce or a litle more of the barke of the same wood made in smal powder, then take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Radix, and Kubarb, and then stop your pot fast, and lay paste about the couer, and so fast that no ayre come out, then seeth it on a soft fire, but ever keepe it boyling, and let it boyle at the least eyght houres, then let it by, and vnstop it not vntill it be colde, then take you Searce, and straine it into a faire earthen pot, and couer it close. The sicke bodie must drinke of this but one draught Luke-warme, in the morning, and one other at night.

Fourthly, you must take your pot of sixe gallons, and put in it sixe gallons of running water, and one pound of the wood rased, and a quarter of Cummin seeds, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is colde straine it into an earthen vessell or vessels, & that must the partie drinke at meale, and at other times when he list to drinke, and spare not, but drinke it by.

Fifthly, the sicke body must be kept very warme, and not rise out of bed before eight of the clock, and then eate a dozen or twentie Kisses of the Sun, and no bread, but a draught of strong drinke warme, and

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and about eleuen of the clock, let the sicke body eate a little meate, as may suffice nature, and what meate, it shal be hereafter shewed: then let the sicke body walke some whiles in his chamber, or reade some booke, or play on instruments, to keepe him from sleeping: then at six of the clock at night, a dozen of Raisins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, giue to the Patient to eate, these meates following, Chickin, Partridge, Pheasant, Hen, Capon, Rabbet, Conny, Weale, Mutton, and none other, nor any salt, nor leauened bread, nor Rie bread, and very seldome roasted, but boiled in water, and no Broth nor Porredge, nor any kind of sauce: if the sicke body haue roast, let it be but euery third meale, and no kind of fish, milke, or fruites, Raisins excepted.

Seauently, once in three dayes, for the first nine dayes in the morning, let the sicke body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat, for the space of two houres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body with ere he rise, if he haue any sores that be deepe, wash the soze with strong drinke, and with a searce, and dip a little cloath in the strong drinke, and lay it to the soze, whether be soze or knobs.

Eighthly, after nine or ten daies be past, once in three dayes let the sick body be bathed on this soze. Set faire running water on the fire, and put thereto a great deale of ground Iuy leaues, and red Sage, and Fennel also, and by a good fire when the sicke body is going to bed, put the water and hearbes into a vessel of wood, and let the sicke body stand byt in it by the fire, and take by the hearbes, and rub the body of the sick Patient downwards, & then dry him with warme cloathes: vse this three weeks, and by the grace of God the sick body shal be made whole, whatsoeuer he be: then if the party bee very weake, after nine or ten of the first dayes, let him eate euery day at foure of the clock in the after noone a new laid egge poached in faire water, & as much new bread as may suffice nature, & a little cleane wine. vse this diet with good regard, as before is prescribed, and (by the grace of God) they shal be perfectly cured of their diseases aboue mentioned.

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The manner to make another kind of diet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in diuers partes of the Realme.

Chap. 118.

Take of the best Gutrum, most heavy, and full of Gum, foure pound, let it be well cased with a Rape, or turned into fine chips by a Turner, and of the same barks two pound: of Cardus Benedi-
Aus, which is called the blessed Thistle, halfe a pound, of Payden-
haire, Cetrach, the flowers of wild and Garden Buglosse, Ana one pound, swete Cassia, five ounces, Anis-seede one ounce and a halfe, white Sugar five pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which poure of the cleaneest and best white Wine that may bee got, in quantity one hundred and fifty pound, couer this vessell thre daies, then Straine it through an haire cloath: then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Citricum at Dinner and Supper, the Patient may betwene the times, as one houre before or after Dinner or Supper, drinke foure or five ounces. Also your asoflayde recettes may bee put in cleane new white wine or Claret wine, being fined and made in the prescribed manner.

Furthermoze, the Patient that hath the Wor, Dropisie, or Gout, may drinke among, this woorty medicine following, the dole or quantity is two ounces or moze, according to the age and complexion of the Patient.

Take Paydenhaire, cleane fresh Hops, Sumitoy, Cetrach, cal-
led Asp'enum, Scene of Alemand, of each thre drammes, great Cen-
tairy rootes, Liquorice, Polipody, wild and garden Buglosse, each
four ounces, Anis-seeds, Nigella Romana, the flowers of Buglosse,
the thre Saunders, Saffron, each five ounces, put this into 24.
pound of the Quatcum water, sodden after the description in the
Compounds following: then put it in a close vessell, and stoppe the
mouth, and when that is done, set the said vessell in another seething
kettle, vpon the fire, so let it stand and seeth for twenty houres saire
and

and softly, then straine it, and keepe it in a cleane close vessel for the
 use also: claude. But if the Patient be full of humors, then doe thus:
 take Sene Alexand. two pound, Succa Rolarum solatiua, six pound,
 white Sugar seven pound, Rhubarb elected three ounces, finely cut,
 Turbit of the best one ounce, put these in a cleane stone pot with a
 narrow mouth: poure into this pot xxiii. pound of the common Gu-
 aicum water, made in manner in the compounde following: stop
 your pots mouth with it in the soze layo manner vpon a soft fire 24
 houres, untill it come to a thin sirrop, called Jellay, then straine it,
 and keepe this precious purging drinke for mornings, the Dose one
 ounce and a halfe, according to the age, completion, and strength:
 the Patient must also eate bread three ounces, well baked like Bis-
 ket, and the flesh of Chicken, Hen, Capon, Partridge, Feasant small
 birds of the wood roasted, expell sodden meates: and if the common
 drinke be too strong, then the Patient may poure there vnto some
 small cleane Wine, or Beere: let the Patient bee merrie kept in a
 faire cleane chamber, with sweete perfumes, not much feeding, but
 little and fine, with cleane warme apparell, and a fire with Char-
 coales, eschewing Tencerie, Wines, fish, grosse flesh, postage, and
 white meates: care, anger, cold much heate: and by Gods helpe yee
 shall haue present remedie, whether it bee for the Dore, or to cleanse
 the reynes, or for them that be ouer fat or foggie people, full of grosse
 humors, gotten with ease and feeding, and to rebate & allwaie their
 fogginess without hurt, but rather rehue them (as it were) and make
 them seeme yong It helpeth also the Gout, Dropsie, Sciatika, Can-
 ker, and Tympanie, and many other loathsome diseases, that proceed
 from ouer great abundance of grosse humors, also for extreame
 paine in the loyns.

The manner to choose the best Guaiacum, or

Lignum vi. 2.

Chap. 119.

Of this wood Guaiacum, there are three kinds: the first is blacke
 within, in the heart pale coloured, hauing in it russet lines,
 verie hard and heauie. The other blacke within, but white with-
 out, hauing verie small lines, is hard and heauie, and not so great as
 the first. The third is all right white within and without, hauing
 verie small lines, and the heart of this wood is best, the arme of the
 Tree

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tree is better then the bodie, the boughes nearer the fruite haue the more vertue, warmnesse, and drynesse, then the lower parts of the tree, which are more grosser, and more earthy of nature: and the more vntious the wood is, it is the better: the sap is not so good as the heart, neither the bark so good as the sap. But the white wood is sweete, and most excellent in operation, and is *Lignum sanctum*, the holie wood. The bark of the straight young branches or boughs, being beate and white, most, and without lines, hard compacted, be the best barks for the Pore. All these woods called *Guciaci*, haue a Rozin, or matter like *Beniamin*, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pore, in the sinewes, baines, muscles, head, hands, feete, and the bones: No sicknesse is so sharpe and cruell to nature, but this precious wood will both quickly and gently asswage the paine & griefe of the same, if it be ministred accordingly in decoction, namely to them, who eether the Pore hath tormented, or else the Goute with intollerable griefe.

A most certaine and approued remedie against all maner of pestilence or plague, be it neuer so vehement.

Chap. 120.

Take an Onion, and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine Treakle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloath, putting it to roast, covered in the Embers or ashes: and when it is roasted enough, presse out all the iuice of it, and giue the Patient to drinke therof a spoonfull, immediately he shall feele himselfe better, and shall without faile be healed.

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To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take sharpe Vinegar a pound and a halfe; Sugar two pounde and a halfe, boyle it till it be a sirrope. It will digest choller, Melancholie, and flegme: it will make grosse humors thinne: openeth obstructions, prouoketh vyne, expelleth naughtie humors: is good against all pestilent feauers, cooleth and quencheth thirst, & keepe the bodie loose.

To comfort the heart, and take away Melancholy,

Chap. 122.

Take the iuyce of Bozage foure pounde, the flowers of Bozage halfe a pounde: let these stand infused in hote embers fourteene houres, then being strained and clarified, put to of good Sugar two pound, and boyle it to a sirrope.

A sirrope to cleanse the breast and the lungs, the
Cough and the plurisie

Chap. 123.

Take Licoriz small, dried and bruised, an ounce, Maidenhaire halfe an ounce, Hyssope two drammes, water two pounde, let these lie mixt foure and twentie houres, then boyle it till the thirde part be consumed, then straine it, and put into the same of good honie, of Sugar pennet, and white Sugar, of each foure ounces, and Rose-water three ounces.

For spetting either of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantaine, of each an ounce, rebe Costell a dram, and blood-stone halfe a dram fine powdered, mixt together, use it.

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For wormes in young children, chap. 125.

Take Lupines, and make flower of them, which kneaded with hony, lay it to the stomache of the childe.

For the swelling of the Cods, chap. 126.

Take Rue stamp, lay it to the grieved place, and thou shalt haue present remedie.

For him that cannot hold his water, chap. 127.

Take the small end of Oken leaues, & seeth them in Claret wine, being well beaten, lay it as hote as may be suffered vpon the yard in a plaster fashion.

For the head-ache, chap. 128.

Take the iuyce of Martorun, and put it into the Nose thills, and it will helpe you.

For grieve of the stomache, chap. 129.

Take Masticke, Cloues, Nutmegs, of each a dram, Mace and Cinamon of each halfe a dramme fine powdered: then take the bottom of a browne loafe toasted and dyed in Malmeise, drawing of the said powder vpon it, lay it to the stomache, and it is a present remedie.

For the Itch, chap. 130.

Take vnwrought Mare, fresh Butter, Rose Vinegar, red Rose water, Brimstone finely beaten, and Cloues all boyled together, make an oyntment, and vse.

A Gargill for a sore throate, chap. 131.

Take white Wine, conduit water, of each a pound, rock Allum, halfe an ounce, two spoonfulls of hony, boyle all to a pound and a halfe, and vse it to cease or foure times a day.

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A water for Scabbes, Vicers, and Pushes. Chap. 132.

Take Plantine water halfe a pounce, water of Oranges foure ounces, Sublimate powder, an ounce, put all in a double glasse. or some other good vessell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane vessell, which vse three or foure sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold,
and velvet. chap. 132.

Take rawe redde Arsenicke, Marten Cudum, of each of them a like quantitie, and when they be well brayed, pouze some faire water vpon them, and then putting the hearbe Cinkapyle to it, seeth it vnto the halfe, and then let it coole and let it in the sun two howres: then wash your cloath in it, and let it dry in the Sunne.

To take spots of grease and oyle out of all sorts
of cloth, white or other.
chap. 134.

Take the water that Pease hath bene sodde in, and keepe your cloath where the spot is in it, and then wash it in cleane riuer water, and dye it in the Sunne.

To take all maner of spots out of silke.
chap. 135.

Take the iuyce of great and round Mushrooms of a sharpe taste, wet the spots in it the space of two hours, and then wash them with cleere water, and then let them dye.

To take spots out of cloath. chap. 136.

Take gold lie, and lees of white wine, made a little hote, and mixe them well together. But you must take heede they be not too hote, and wash your cloath.

The Closet, or Treasurie,
A foneraine remedie for the Cough.

Chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new layd Egge soft rosted, mingle it well together. then put to it Benjamin, the signe of a Zittie Beate, lightly stamped, and drinke it in the morning for your breakfast: Take as much again at night when you go to bed, and you shall be whole at the second or thirde time. But if the cough haue holden you long, you must take it so much the oftner.

To keepe your Poultry from destroying with
Weasels. chap. 138.

Rub your Poultry with the iuyce of Rue or Hearbe grace, and the Weasels shall doe them no hurt. If they cate the Lungs of a fox, the Foxes will not cate them.

A brief Treatise of Vvines, as well of mens Vvines as of womens:
to iudge by the colours, which betokeneth health, which
sicknes, and which death. chap. 139.

It is shewed, that in foure parts of the booke dwelleth sicknes and health, that is in the wombe, in the head, in the liuer, and in the bladder. In what manner thou must know their properties, and therof thou shalt learne.

If a mans vvine be white at morrow, and red before meate, and white after meate, he is whole. And if it be fatte and thicke, it is not good: and if the vvine be meanly thicke, it is good to like. And if it be thicke as Ane plise, it betokeneth head-ache.

Urine that is two dayes red, and the third day white, betokeneth verie health.

Urine that is fat, white, & moist, betokeneth the feauer quartaine.

Urine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betokeneth of the reynes, who pisseth blood without sickness, hath some veyne broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sickness, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by drops above, as it were great holmes, betokeneth

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tokeneth great sickness and long.

Womens Urine that is cleare and shining in the Urinall as silver, if she cast oft, and if she haue no talent to meate, it betokeneth she is with child.

Womens Urine that is strong and white with stinking, betokeneth sickness in the reynes, and in her secret receits, in her chambers full of euill humours, and of sickness of her selfe.

Womens Urine that is bloody, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth, that she hath lust to man.

Womens Urine that hath cullour of stable cleansing, betokeneth her to haue the seauer quartaine, and she to die the third day.

Womens Urine that appeareth as cullour of lead, if she be with child, betokeneth that it is death within her.

Hereafter followeth all the Vrines that betoken death, as well the vrine of the man, as of the woman. chap. 140.

In a whole Aris, one part red, another black, another greene, and another blew, betokeneth death.

Urine in whole Aris, blacke and little in quantitie, fatty and stinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing floating aboue, as it were a darke Skie, signifieth of death.

Urine derty, stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the cullour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath dyes in the bottome medled with blood, it betokeneth death.

Urine blacke and thicke, if the sicke loath when hee goeth to the Priuie, and when he speaketh ouerthwart, or that hee vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

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